Wednesday, August 6, 2008 | Issue number: 309 | www.mk-news.co.uk | 50p where sold

MK NEWS

Advertisement feature. Your MKNEWS is inside

Summer at the thecentre:mk

At the centre for serious shopping, you'll find fashion, beauty, accessories, all the brands you have set your heart on; lovely café's and restaurants, places to meet, places to eat.

There's also something special for children of all ages this summer, with fun activities indoors and outdoors, creative art workshops and a variety of store promotions to keep them busy and interested during the holidays.

When the holidays draw to a close, thecentre:mk has just about everything you need to kit them out and get them ready for another year.

Waitrose

Win a Waitrose hamper worth £150

see inside for details

Shopping!

- Family fun events
- Back to school
- Offers and coupons
- Dining specials

thecentre:mk
Milton Keynes
The centre for serious shopping
0870 890 2530 www.thecentremk.com

Shopping at thecentre:mk

Pan-Asian inspired noodle restaurant wagamama has a seat for you this summer!

In the spirit of summer fun, wagamama are releasing an exclusive summertime meal offer to their online wagamama members each week! You need to be a wagamama member to take part, so if you're not already one, join for free at wagamama.com today! Once you're a member, all you need to do is check out the members area each week until August 31, to get your hands on the Summer Slurpin' voucher. wagamama are also giving their members the chance to win some absolutely cracking prizes on their "spin & win" wheel. For the chance to win a trip for 2 to japan courtesy of Kirin Ichiban, and other hot prizes like Polaroid PoGos, Nintendo Wiis, FLIP camcorders, Ridelow lowrider bikes and Carrera Vintage sunglasses, become a member at wagamama.com and get spinning!"

wagamama is located on Silbury Arcade near M&S.

PICNIC THIS SUMMER WITH WHITTARD OF CHELSEA

Whittard of Chelsea has everything you need to enjoy this summer with fantastic entertaining ideas, presents and treats for every occasion. With pretty bulrush and dragonfly motifs in fuscia and sky blue this year's summer living collection is perfect for outdoor entertaining. Serve drinks in beautifully decorated wine glasses (£2.50 each) and spruce up your Iced Tea using Ice Cube Star Moulds (£4.00) or use an Ice Crusher (£10.00) to make a refreshing Frappe (£3.50). Serve lunch on coordinating dinnerware and bowls (from £3.00 each) for a picnic with a difference and lie back and relax using a pretty but practical handmade Food Cover featuring stunning dragonflies and daisies (£10.00). Ensure the children are entertained with homemade lollies using Ice Lolly Kit (£4.50) or treat them to an ice cream sundae in special Ice Cream Bowls (£3.00) using Ice Cream Scoops (£3.00) to get the perfect affect. Why not take Novelty Drinks dragonfly Coolers to a BBQ (£4.00), or a Cocktail shaker set (£8.00) with all you need to make the perfect cocktail including funky umbrellas. All you need is the food and drinks and you're all set for a relaxing day with special friends and family.

Waitrose

Waitrose Hamper Competition

Take this voucher to the Customer Service Desk in Waitrose at The Food Centre to receive a copy of the WaitroseEntertaining catalogue and be entered into our free prize draw to win £150 to spend on WaitroseEntertaining. WaitroseEntertaining can help you host the perfect dinner party without involving hours of planning, shopping and preparation. It can help you provide a summer barbeque where you can spend time relaxing with friends. Whatever the occasion WaitroseEntertainining offers a wide range of elegant dishes for any occasion – ready to serve or ready to cook with plenty of tips to add your personal touch. They can even supply drinks, flowers, tableware and a party cake with your own personal message. For more information, call into Waitrose, at The Food Centre.

Terms and conditions

This promotion is a prize draw which is open to anyone completing an original entry form and handing in to Waitrose, The Food Centre before 5pm Sunday August 17th 2008 2. Only one entry per person, no purchase necessary. 3. The draw is not open to employees of CMK Shopping Management Company or anyone involved in the promotion in any way. 3. There will be one prize a prize value of £150 selected from items within the WaitroseEntertaining catalogue. 4. The winner will be drawn at random on Monday 18th August and notified accordingly 5. There is no cash alternative to this prize 6. The promoter accepts no responsibility for entries lost, damaged or unreadable. The judge's decision is final and no correspondence will be entered into. The promoter is Waitrose, The Food Centre.

Name.....

Address.....Postcode.....

Telephone.....Email.....

Tick this box ☐ if you would like to receive fortnightly email news about events at thecentre:mk.

Winners will be notified by telephone.

Specsavers Opticians

Anyone who comes in for an eye test between 6th & 13th August will be entered into a prize draw to win a pair of designer glasses worth £125.

Only one entry per person. The value of the prize will be £125. It will not include the 2 for 1 offer, or any extra lens options. Anyone who comes in for an eye test between 6th & 13th August will be eligible. The closing date will be 13th August at 7pm. All customer details will be taken at the store and the winner will be notified by telephone no later than 16th August. No cash prize alternative is available. All Specsavers and any other company involved staff /agency or third parties staff and family and any other people connected with this competition may not enter nor benefit from this competition.

F.HINDS

SUMMER DIAMONDS SPARKLE THEIR BEST

Have you ever noticed that diamonds look their best in summer sun? Summer's brighter sunlight rays travel further reaching right under the ring setting to light up your diamonds to sparkle their best.

Jewellers F. Hinds will clean and polish your ring for just £3.95 (£10.00 for three), making it look as good as the day you first slipped it on your finger. Treat yourself, or better still, get someone else to treat you to a scintillating new diamond ring, bracelet or necklace, a gift to last forever and be appreciated for years to come. There's currently 10% off selected jewellery pieces at F. Hinds, located on Midsummer Arcade. Call them on 01908 607545.

Superdrug

5 steps to safer summer fun.

Leona Lewis says Rub it in. "I never go anywhere without my factor 30!" Put it on. "I always make sure I protect my neck and chest." Wear it out. "The perfect excuse to wear a cool hat." Seek shade. "Treat yourself to a nice lunch to avoid the midday blaze." Look smart "protect your eyes by wearing shades."

More Tips.

Don't forget if it's a hot day you can burn when it's cloudy too! Reapply your suncream every 2 hours. Always reapply after swimming. Check the best-before date as old sun cream can lose its protection power. Save your skin and WIN £100 worth of L'oreal products including cosmetics, skincare and haircare. Fill in the raffle entry form and hand it in at Superdrug before 31 August. £1 to enter goes to Teenage Cancer Trust.

Raffle Entry Form

Name.....

Address.....Postcode.....

Telephone.....Email.....

Winners will be notified by telephone.

principles

Head to Principles for the perfect holiday essentials. There are gorgeous floaty dresses, glamorous accessories to take you from day to night and chic 50's inspired separates, with plenty of dramatic prints and intricate detailing. Principles is situated on Midsummer Arcade near River Island. For details on stock, please call 0870 122 8802.

Shopping at thecentre:mk

BACK TO SCHOOL

My, how fast they grow! SHOEZONE on Crown Walk near the Post Office has excellent prices on a wide range of shoes.

20302 - Demo Max with coated leather upper, sizes 10 – 7 only £9.99 (left) and 20451 -sizes 12 – 6 only £9.99

John Lewis

Paperchase

You may as well have fun while you learn!

A5 polypro notebooks radios and fluro skulls £6.00

Pencil tins with coloured pencils bugs, stripe, rainbow guitar and fluro skulls 6.00 each

USC

The summer sale is on with up to 70% off selected items.

Firetrap Rodeo Maxi Dress - Multi Print - £75

Erin Strap Sandal - Gold - £35 – These are exclusive to USC.

Rajdhani Restaurant

Rajdhani De Luxe Buffet Offer

Enjoy a sumptuous buffet at Rajdhani every Sunday from 12 noon until 10.30pm or Mondays from 6pm – 11pm.

Adults £7.95 (was £9.95)

Children £4.50 (was £4.95)

Rajdhani 50% offer

If you fancy a curry with your friends or family, head to the Rajdhani Indian Restaurant in the Food Centre alongside Waitrose and get 50% off mouthwatering main dishes when dining in with parties of 2 or more. Please bring this advertisement in and present it on arrival. Offer ends 30 September.

Terms and Conditions apply. Kindly contact the restaurant on 01908 392299 for full details. One voucher per table and maximum saving of £25. Not available in conjunction with any other offer and does not apply to set meals, buffet meals, desserts, beverages, sea food banquets and Thalis.

JD

With a list of followers that includes celebrities, tennis stars and free runners, K-Swiss has built up an impressive reputation when it comes to trainers. They've just created a new range of summer clothing exclusively for JD Sports. Inspired by the iconic '5 stripe' design from their footwear, the fresh collection of clothing for men and women includes tees, polo shirts and shorts for the guys and figure hugging tees and vests for the girls. Knowing that the great British summer doesn't always live up to its billing they've also thrown in hoodys and track tops. Take a look at the new range in store on Silbury Arcade or call 0870 873 0300

THE PERFUME SHOP

The Perfume Shop Summer Sale promotion is on until 20 August. Here are just some of the fantastic specials but if you visit the store on Silbury Arcade you'll have hundreds of top fragrances to choose from.

DKNY DELICIOUS KISSES 50ML EDP £28.50

JOOP! GO HOT SUMMER EDT SPRAY 100ML £24.50

COOL WATER WOMAN FREEZE ME EDT SPRAY 100ML £19.99

Prices are correct at time of print and offers are subject to availability and whilst stock lasts

The Entertainer and Build-A-Bear Workshop Funday

Come to the Entertainer Funday on Wednesday 13 August from 10am to 6pm and take part in a centre wide treasure hunt in conjunction with Build-a-Bear Workshop. There's a chance to win £25 Entertainer vouchers and a Build-a-Bear party or participate in the colouring competition, Speedstacks competition, and there's a prize for the best fancy dress outfit.

Join in on the latest craze with Gogo's Crazy Bones where you can swap your doubles and play the games. With face painting, bubbles and games to play, you're sure to have fun. If you are lucky you can even have your picture taken with Batman or Superman.

The centre for seriously cool events

With so much experience and enjoy, you can look forward to a fantastic day, every day at thecentre:mk

This summer look out for a fantastic array of inflatables in Middleton Hall until 31 August. There's an inflatable train to run through and climb on, a circus activity inflatable, an inflatable carousel and a giant Shrek slide! Height and age restrictions apply. Prices apply.
Sit by the fountain and enjoy the wonderful sunshine! In Queens Court, the outdoor courtyard, you'll find a thrilling bungee jump, chair-o-planes, swinging boats and a tantalising Candy Store selling candyfloss and toffee apples. Age restrictions and prices will apply.

millets THE OUTDOORS STORE

Millets Tent Display 8 – 10 August

A tent gives you flexibility to go anywhere and stay anywhere. Why spend hundreds of pounds on expensive hotels when you can pick up and move your holiday home at will! Pop into Queens Court and see the tents erected out on the grass, giving you a good idea of their height and size. All the tents are available from Millets on Crown Walk near the Post Office.

Citizen Baby of the Year Competition

Calling all bonny babies from 0 -3 years old!
22 – 31 August – Have your baby's photo taken FREE of charge.
4 – 7 September – The photographs will be on display and parents can decide which of their photos are entered into the competition. All this takes place on Silbury Arcade near John Lewis.

Disney Camp Rock Rockeoke 30 August

Rock out with the new Disney Channel Original Movie Camp Rock! Visit the Camp Rock Rockeoke Recording booth in thecentre:mk to have you and your friends' best rock moves recorded! And don't miss the movie premiere on Disney Channel Friday 19 September!

AIM Art workshops

Family Fun Art Workshops are to take place between 9 and 28 August.
AIM's prime objective is To Take Art to the People with these fabulous sessions:
Initial programme - "Appreciating the artist"
Tuesday 12 August 2-4pm Matisse "Snail" Paper Collage
Thursday 14 August 5-7pm Paul Klee "Portrait" Pastels
Tuesday 19 August 2–4pm Van Gogh "Fishing Boats" Watercolour
Thursday 21 August 5-7pm Picasso "Crying Woman" Collage and paint
Tuesday 26 August 2–4pm Andy Warhol "Camoflage" Photos and Ink
Self Portrait for 10years+
Thursday 28 August 5–7 pm Degas "Ballet Class" Pastel

Adults Appreciating Art Workshops take place between 9 and 23 August.
Beginners Workshops are aimed at adults starting art activities or reawakening their interest in art. If you enjoyed art at art school but haven't done any since, this is for you!
Saturday 9 August 2-4pm "Mud Pies" An introduction to basic Ceramics
Saturday 16 August 2–4pm "Venetian Masks" Making & Decorating Masks
Saturday 23 August 2–4pm "Paint like Van Gogh" Multimedia Sunflowers

No need to book – just turn up. Maximum 30 participants per course. Please telephone 01908 674069 for details. Please wear old clothes or bring an apron and a bag to take your work home. The art workshops all take place in the AIM unit, Midsummer Boulevard near Costa Coffee.

SCALEXTRIC DIGITAL

Scalextric Roadshow

6-7 August
Here's an opportunity to join the multi-car competitions and race Scalextric cars against friends or family. It's free to participate and suitable for ages 7 and up.
This event is in association with The Entertainer and will be located on Silbury Arcade outside The Entertainer store. You also have a chance to win your very own set!

WIN a TOP GEAR Scalextric set! Bring this coupon in and post it into the entry box at the event on 6 or 7 August, or drop it at Customer Services until 8 August.

Name.....
Address.....Postcode.....
Telephone.....Email.....
Tick this box ☐ if you would like to receive fortnightly email news about events at thecentre:mk.
Winners will be notified by telephone.

thecentre:mk
Milton Keynes

Celebrate the 50th Anniversary of the LEGO® Brick at thecentre:mk and win one of 15 special edition commemorative playsets!

Come to the LEGO® stand in Middleton Hall from 16-24 August where they will be marking the 50th anniversary of the LEGO brick and showcasing the history of LEGO with toys from the past 50 years. Children can guess their height in LEGO bricks, play with an assortment of LEGO bricks and enter competitions to win specially designed sets to mark the 50th anniversary of the LEGO brick! In addition, for a £1 donation children can add to a giant LEGO mosaic that will be completed on the day.
The proceeds will go to The National Autistic Society (NAS), the UK's leading charity for people affected by autism, and LEGO UK's official charity partner. There will also be a select range of toys for sale including LEGO lunch boxes, money boxes and ice trays with 50% of all proceeds going directly to the NAS. For further information on the LEGO Brick Road Tour visit www.lego.com/parents LEGO and the LEGO logo are trademarks of the LEGO Group. © 2008 The LEGO Group. Here used with special permission.

COMPETITION

To WIN a LEGO special edition commemorative playset Bring this coupon in and post it into the entry box at Customer Service on Silbury Arcade by no later than Friday 25 August.
Name:.....
Address.....
Postcode..... Telephone No.....
Email..... Tick this box ☐ if you would like to receive fortnightly email news from thecentre:mk, about events and offers.. Winners will be notified by telephone.

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MK NEWS

We've got a job to suit you

MILTON KEYNES COUNCIL

FOR ALL THE LATEST VACANCIES AT MILTON KEYNES COUNCIL
See MK Recruitment pages inside

Find out why Lucky the kitten got his name

PAGE 2

Why this Hawk is helping guard Woodhill prison - full story on pages 10 and 11

Staff levels questioned after care home death

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

A CORONER has raised concerns about the number of staff on duty at a care home the night a resident died.

Lynne Harrington, 53, from Ennerdale Close, Bletchley died after suffering a seizure whilst staying at Orchard House in Wolverton in April.

An inquest heard how although there were three carers on duty that night two were attending calls in the community leaving only one at the home to look after 15 residents.

At Wednesdays inquest deputy coroner Tom Osborne heard how Mrs Harrington was found on the floor of her room but left there for more than half an hour while carer Jackie Kelly waited for help.

Miss Harrington ***(right)***, who suffered from anxiety, depression and agoraphobia, was recovering at the home after injuring her back in a fall.

After checking on her several times during the evening of Wednesday April 23, Ms Kelly heard her shout out at 11.10am.

"She was laying on the floor. To me it looked as if she had got out of bed and put herself there for attention," she said.

"She was kicking her legs and shouting.

"To me she was just being difficult, we have clients like that at Orchard House."

Rather than lift Miss Harrington alone the carer decided to make her comfortable with cushions on the floor and wait for her colleagues to return.

When one arrived at 11.40pm they decided to call the emergency services as they could not cope with the situation though Miss Harrington was quiet and seemed comfortable, Ms Kelly told the inquest.

When the paramedics arrived Miss Harrington began to fit and her breathing stopped.

She was taken to Milton Keynes Hospital where she died at 10am the next day.

Dr E Thway, consultant pathologist, said she died due to a sudden onset of respiratory arrest caused by an epileptic form of a seizure.

The home, which provides self-

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INTERNET

For all your local news and sport seven days a week: **www.mk-news.co.uk**

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The 2008 UK Newspaper Awards WINNER UK Weekly Newspaper of the Year

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Ten-year-olds hold up victims with knives

BOYS as young as ten years old were responsible for two knifepoint robberies in the city centre at the weekend.

Police believe that three boys, aged 10 to 15, are responsible for two incidents which occurred within hours of each other.

At 3.05pm a 16-year-old boy was cornered in an underpass next to Secklow Gate and Avebury Boulevard.

One boy, armed with a knife, grabbed the victim around the neck and forced him to hand over £5 before they ran off in the direction of Xscape.

All three offenders are white.

One is about 15-years-old, medium build, with shaved hair, wearing a navy blue tracksuit with two white stripes down the arm.

The second is a similar age, with shaved hair, and the third is about 10-years-old, medium build, wearing white Umbro shorts.

At 4.20pm another boy was robbed as he walked with his friend through Campbell Park towards the Theatre District.

They were also cornered by three boys who pulled out a knife and demanded a mobile phone.

All three offenders are white.

One is 5ft 8ins, with an upturned nose, dark brown shaved hair, medium build wearing a brown striped top and dark blue tracksuit bottoms.

The second is 5ft 8ins, with dirty blonde hair, medium build, wearing light blue jeans, white T-shirt and a grey hooded top.

The third is 5ft 4ins, with light brown cropped hair, wearing a bright red T-shirt.

Detective Constable Iain O'Kane said: "The fact that a knife is involved in both these robberies is very worrying.

"Clearly there are a number of similarities between the two incidents including the descriptions the victims have given.

"The robberies happened in the middle of the afternoon when the city centre would have been very busy.

"I'm sure people will have seen something that can help our investigation.

"We want to catch these offenders as soon as we can and would ask the public to help us identify them."

Anyone with information can contact Det Con O'Kane on 08458 505505 or call Crimestoppers anonymously on 0800 555111.

Lucky's family use up one of their lives

BY ROB GIBSON
rob.gibson@mk-news.co.uk

A KITTEN that plunged down a lift shaft and survived to rescue its family from certain death has been named Lucky.

The plucky ginger kitten was found crying for help in an elevator shaft on a building site in the city centre last Wednesday afternoon.

The HBG Construction Company was working on the site next to thehub:mk and was about to build a wall over the entire area when a security guard heard the kitten.

James McGlen found the tiny bundle of fur lying on top of the lift, crying loudly, and called the RSPCA.

When they searched the shaft they found the kitten's mother and five siblings tucked behind a concrete wall, hidden from view. The cats had been abandoned.

RSPCA spokesman Jean Kelly said: "The following day the construction company were going to build a brick wall across the whole area which would have meant the mother and kittens, being completely undetected, would have been bricked in alive."

Ginger Lucky with his rescued brothers and sisters

Although the mother and four-week-old kittens were found in good health, Lucky needed to be nursed back to health as he was suffering from dehydration.

Sue Taft, from Milton Keynes and North Bucks RSPCA, said: "It must have been fate the kitten fell onto the lift shaft. "If it hadn't the mother and kittens would have most certainly died."

The recovering felines are now being looked after by foster carer Debbie Lowe until they are ready to be re-homed.

Debbie said: "Naming the kitten that saved both it's mother and his brothers and sisters was easy.

"It had to be Lucky.

"They were all so very lucky."

Lucky's mother was named Disney and the five other kittens; Toffee, Sparkle, Whisky, Toddy and Bailey.

Milton Keynes and North Bucks RSPCA helps to rehome cats of all ages.

For more information on helping to rehome cats call 01908 611179.

Care home death raises questions

continued from page one

catering sheltered accommodation in flats for 15 rehabilitation clients and eight permanent residents, is run jointly by Milton Keynes Primary Care Trust and Milton Keynes Council.

Deputy coroner Tom Osborne called for his concerns about the shortage of night-time staff at the home to be addressed to the service's senior managers.

"This is all very well if it all goes smoothly but if an incident occurs there are no other resources available to deal with that situation other than to call the emergency services to attend," he said.

"When she arrived at hospital Miss Harrington was a lady who was seriously ill."

He gave an open verdict saying medical evidence left it unclear how she died.

Miss Harrington's daughter, Susan, told MK News she was surprised to hear there was only one carer that night and unhappy with the treatment her mother received at the care home.

"It is a lot of residents and a big area for one carer to cover," she said.

"All I can think is that if there had been another carer they might have done something earlier and it might have never happened. It is all 'what ifs'."

She added that her mother, a shop assistant who gave up work to care for her father, now deceased, was "very caring" and "would do anything" for her grandchildren, Kayleigh, 16, and Robbie, 11.

A Council spokesman said: "Orchard House offers a mix of accommodation for older people, split between sheltered housing and temporary supported sheltered housing

"On the night of this lady's fall, there were seven permanent residents on site, as well as eight temporary residents.

"Because of its very nature, sheltered accommodation is†suited to more independent older people; those in temporary supported accommodation are assessed and only come into Orchard House if able to manage activities of daily living†with some support, and have no unstable medical conditions.

"Staffing levels for this service are consequently required to be less intensive than for other services – where older people are more frail. We believe that having one person on duty, with the ability to call for the back up of two others, was sufficient.

"Our policy reflects best practice guidance and we do not allow staff to move someone if they have fallen, so sadly the number of staff present would not have assisted in lifting until Ambulance services had arrived.

"However this was a tragic incident and we do of course take on board the coroner's comment and will act on them where appropriate and possible."

Caroline Grayson with her parking ticket by the bay in Witan Gate

Anomalies leave parkers angry and confused

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

TWO adjacent city centre roads, two identical sets of parking bays – but though it is fine to park on one road, parking on the other risks a fine.

That is because Avebury Boulevard has not yet been 'adopted' by the council and so cars are not ticketed there – though they can be on council-owned Witan Gate.

Since MK NEWS ran a story on the wardens' ticketing two weeks ago, several drivers, including one 18-year-old student who works at Brasserie Blanc, have contacted us.

Caroline Grayson, from Shenley Brook End, has parked in Avebury Boulevard for weeks. But when she was forced to park in an identical bay on Witan Gate one day she got a £30 fine.

"I appealed it because I took lots of photos and there are no signs.

"The yellow lines are on the road not in the bays and there are no white lines by the kerb to show it is for loading," she said.

"What really annoys me is that I see wardens walk past cars on Avebury and not ticket them, and they walk to Witan Gate and ticket all the cars along there.

"There are no signs anywhere and drivers don't know."

Miss Grayson's instincts were correct. Chapter 5, paragraph 20.5 of the Department for Transport's traffic signs manual says: 'If restrictions are imposed in a lay-by the lines… should be laid at the back of the lay-by and not along the main continuation of the carriageway edge.

'This should leave no room for doubt that the restrictions apply in the lay-by.'

Rajesh Desai, from Oldbrook, continues to appeal the ticket he was given on July 5.

"It leaves a foul taste in your mouth," he said.

Nurse Julie Perry got a ticket on Witan Gate three weeks ago – the first in her life – which she continues to challenge.

"Parking in Milton Keynes is awful. It was supposed to be a city where you could park easily and traffic was flowing. It's becoming more and more out of hand. It's totally mean that they're trying to penalise workers. I think it's outrageous."

A council spokesman said: "We are working with our partners English Partnership to get the road around Avebury Boulevard adopted as soon as possible to resolve this issue but we need to make sure for safety reasons that these five bays in Witan Gate are kept clear to allow access to The Hub for emergency vehicles.

"In this case it was agreed by Milton Keynes Council and English Partnerships to run the double yellow lines across the bay but the council is continuing to review the situation to see if any steps can be taken to remove any uncertainty whatsoever surrounding parking in this area."

Tim Cowen of NCP Services said: "All NCP Services Civil Enforcement Officers (CEO) are briefed to advise drivers on the appeal process.

"Any driver who feels they have received a PCN unfairly, or feels there are mitigating circumstances, has the option of appealing, and it is this which our CEOs are advising drivers in this area. We are confident that the PCNs issued in this area are valid, and it seems the appeals system backs this up, but we would still advise any driver who feels they shouldn't have received a PCN how to appeal.

"We have not, however, been advising drivers that PCNs issued in this area are not correct. We would never issue PCNs in areas we know cannot be enforced and we have not been doing so here. We will continue to issue valid PCNs if necessary, and continue to advise members of the public how to appeal if they wish to.

"NCP Services CEOs have no targets for the number of PCNs they issue – this practice has, in any case, been ruled out by the Statutory Guidance published as part of the Traffic Management Act which came into force earlier this year.

"NCP Services recommended the Government take this action when we gave evidence to the Transport Select Committee's investigation into parking policy in 2005 and we are pleased to see it has now become law."

MK NEWS is proud to be the truly local newspaper for Milton Keynes and the surrounding areas. We provide the most widely read local newspaper for our readers and advertisers and are constantly looking at new ways to improve our service. If you have feedback for us, please contact anyone listed below

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MK LETTERS

Letters to The Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU | letters@mk-news.co.uk

Out-dated views

SIR – Once again we are subject to Arun Vaidyanathan's prehistoric unresearched and biased views on local education and national subject requirements.

There are already a good deal of students who take his suggested computer science/electronic and electrical engineering etc but there are as many spaces unfilled in higher education and Britain's national universities in these subjects as there are in what he refers to as the 'Mickey Mouse' subjects. It's just that within Britain – or England at least.

People pursue and develop in subjects such as media, counselling, marketing and leisure marketing because they want to, that's where they feel they'll be of the largest assistance and that is their right.

All the subjects Arun has classed as soft options are also taken further because they are increasingly required in Britain and obviously much more than you could realise or tried to find out.

Counselling, even as a basic listening skill, particularly in establishments like the police and national government.

It is all around us and the small amount who refer to these long, vast and thought provoking course subjects as 'Mickey Mouse' are usually extremely jealous because they don't have the brain capacity or initiative to achieve them themselves.

Karen Kanaspie
The Hide, Netherfield

Hardly a 'soft option'

SIR – I write in response to Arun Vaidyanathan's recent letter regarding the university centre.

I would like to suggest that, whether or not the need or demand for the courses he so clearly disapproves of makes their inclusion at the new university centre justifiable, perhaps he would like to consider referring to said courses less judgementally.

I find the phrases 'Mickey Mouse courses' or 'soft option' to be highly insulting to the people who will pursue these careers, whether here in Milton Keynes or elsewhere. He uses the phrase 'highly skilled' to refer to a select few professions, as if those who will follow these 'soft options' are less valuable, educated or skilled.

I would like to suggest that there is no such thing as a 'soft option'. All kinds of people are committed to their education in all sorts of ways, Mr Vaidyanathan, and whether they are educated here or in another establishment, they do not deserve to be branded inferior.

Bruce Adams
sent by email

Unemployment concern

SIR – Anyone who doubts the genius of our local great leaders should be directed immediately to the latest quarterly unemployment update.

At the dawn of the millennium unemployment in Milton Keynes languished below 1.5 per cent, half the national average and slightly below the regional average. Over the last eight years the national economy has created over one and half million extra jobs.

Today, after several years of sustained effort by Milton Keynes Council, English Partnerships & Co. unemployment in Milton Keynes has increased to 2.3 per cent.

Unemployment in Milton Keynes is now 64 per cent above the regional average.

It is also above the national average. For the first time ever?

Steadily increasing unemployment during several years of growth is a very considerable achievement.

Well done to all concerned!

Michael Moutrie
Stony Stratford

University will meet the needs of the community – not Mickey Mouse

SIR – I was interested to read the letter from Mr Vaidyanathan (Letters, July 30, 2008) concerning the curriculum on offer at the new University Centre.

We warmly welcome Mr Vaidyanathan opening up this important debate in an animated way.

Universities rightly belong to the community and it is important to their health and vitality that a robust debate about their ethos and aims is established and maintained.

With this in mind, we are already planning an exciting programme of public seminars and lectures at UCMK with leading figures from the political, academic, corporate and public spheres through which we can stimulate and provoke such debate. Indeed, Bill Rammell MP, the Minister of State for Universities, on his recent visit to UCMK has accepted an invitation to lead a seminar on The Idea of a University.

I hope that Mr Vaidyanathan will continue to be an active partner in this dialogue.

To return to Mr Vaidyanathan's specific critique, however, we are happy to be able to dispel his fears. Academic quality will be a defining feature of UCMK. Although we find Mr Vaidyanathan's 'Mickey Mouse' epithet particularly unhelpful, we can immediately refute the suggestion that anything offered at UCMK will be 'Mickey Mouse'.

We agree wholeheartedly with the suggestion that our provision should synergise closely with the skills needs of the local community and, indeed, the nation.

Milton Keynes College already enjoys very fruitful links with local employers who will be able to endorse the quality and applicability of its educational provision. The courses on offer at UCMK this autumn already have wide applicability to the business community, as well as being academically worthwhile in themselves. These include significant high-tech offerings in the IT and digital media field – including an impressive CISCO IT academy – about which Mr Vaidyanathan expresses concern.

As someone who has spent much of his academic career teaching engineering, natural sciences and medical sciences at Imperial College and Cambridge, I need no convincing of the value of high quality science, technology and engineering courses to underpin the development of a 21st century workforce.

However, creating the capacity to deliver such courses at the highest academic standards and sustainably will take time. Moreover, many such courses on offer at other institutions are presently undersubscribed so it is essential that we position our offering in a very focussed way so that we meet the needs of the community.

I'm sure that Mr Vaidyanathan would wish to support our thoughtful strategic approach to curriculum development.

So although we might diverge with the focus of Mr Vaidyanathan's letter, I think we can agree with his fundamental concern that UCMK should be based on a foundation of excellence.

The city deserves nothing less.

Together we can deliver a university we can all be proud of.

Dr Keith Straughan
Vice Principal: Higher Education, University Centre Milton Keynes

EU will have PO final say

SIR – I agree with the chairman of Milton Keynes UKIP, Michael Phillips, who suggests that our two local MPs must have known about the EU directives relating to postal services.

However, closure of post offices is just one of the penalties we have to pay as a result of EU membership. It is estimated that 90 per cent of all legislation now emanates from Brussels.

Unfortunately, there is a perception that most of the new laws enacted here result from decisions made in Parliament. The reality is otherwise; many laws originate in Brussels and are simply 'nodded through' or 'rubber stamped' by Parliament.

It is a fact that our MPs no longer have any real power. Brussels issues the orders and Parliament does as it is told. MPs are reluctant to admit this because doing so draws attention to their own impotence.

This raises important questions: what is the purpose of Parliament and why do we continue to support these overpaid and underemployed MPs?

Ronald G W Rickcord
Thomas Drive, Newport Pagnell

No excuse to fly tip

SIR – I was really pleased to see you extended article in MK News recently concerning fly tipping across our city.

It is sad that some people still illegally dump waste when MK Council offers so many ways to dispose of household waste. I have no sympathy for those who get prosecuted for lazy and thoughtless behaviour.

Milton Keynes Council is one of the most forward thinking councils on recycling and waste control. It still collects weekly recycling where many councils have gone to fortnightly, the Community Recycling centres stay open long hours and recycle a majority of waste they receive, many bulky household items can be collected on request from homes and dial-a-wreck will remove end of life cars.

Milton Keynes Council has a great record of recycling and keeping our city clean.

I support Milton Keynes Council in their prosecuting more and more offenders, hopefully the policy of using carrots and sticks will get the message across. Fly tippers are not welcome in MK.

Let's look after our city; it's in all our interests.

Rex Exon
Bradwell

Yellow peril

SIR – Re: The 'Taxi operations explained' letter from Cllr Andrew Grant – everything he says is quite true.

What he does not say is that the south Northants yellow plated drivers that wait in busy areas such as Station Square, the Xscape and Pink Punters in Fenny Stratford just sit there waiting to be approached by the public and that is illegal.

This puts a burden onto the enforcement team of Milton Keynes and therefore costs Milton Keynes' taxpayers.

The yellow plate companies and their drivers contribute nothing to taxi licensing in Milton Keynes unlike MK drivers which are tested up to three times a year.

Please support your local taxi/private hire (white/blue plate on rear of vehicle).

Only the public can stop this by using only Milton Keynes Licensed vehicles if they are not called into the area they have no reason to park up here.

Steve Moore
Secretary, Milton Keynes Hackney Carriage Association

LETTERS POLICY

Letters must arrive by noon on Monday. Full name and address must be supplied. Details will be withheld in only exceptional circumstances. Letters should be kept short and to the point and may be edited.

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Concrete crusader's 'Gladiatoral glitch'

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

LAST time he competed he told the nation he is as tough as the concrete cows in the city from which he hails.

But when he met gladiator Atlas in the quarter final of Sky One's game show Gladiators, screened on Sunday, contender Kevin Dixon proved he is slightly more brittle – breaking his arm in two places.

Back in May the 32-year-old male model told presenter Ian Wright that he was okay after a particularly gruelling challenge because he is from Milton Keynes where even our cows are made of concrete.

He also had a stint of good luck on that initial show when his fellow contender froze at the start line due to an injury, leaving 6ft 1in Mr Dixon to complete the eliminator unchallenged and secure a place in the quarter finals.

However, on his latest appearance he was the one that 'bit the dust' on the 'gauntlet' challenge, being rushed to hospital and in need of surgery to repair two fractures of his forearm.

Ian Wright interviewing Kevin Dixon before he fractured his arm

A Sky spokesman said it was the worst injury they have ever seen on the show, which began in 1992 and was relaunched this year by Sky One.

He added: "Kevin was diagnosed with two complete fractures to his ulna (forearm), he was sent back to his local hospital for orthopaedic surgery to internally fixate the fractures."

Scooter fanatic pays homage to Dons

Gareth Goodship is cutting a dash with his Dons scooter

FROM one slick Italian engine to another – an MK Dons fan has marked Roberto Di Matteo's arrival by customising his Vespa scooter with the club logo.

Twenty-three-year-old scooter fanatic Gareth Goodship was looking for an original design for his black Vespa PX125 and decided that pulling up at the ground with a 'Dons scooter' would definitely catch the eye.

He took a print of the club logo to Dial-A-Sign in Fenny Stratford and they created a custom made stencil to add the chrome logo to the wheel cover and the front of the scooter.

Gareth's new Italian number has already earned fans at a national scooter rally, The Great London Rideout, and at the Tin Soldiers Scooter Club, who meet in Bletchley.

Gareth, from Emerson Valley, said: "I've always wanted one of these scooters and when I saw that Di Matteo was the new manager I thought I've got to do something with the bike.

"Everyone tries to come up with an original design so I thought I would go for something a bit fun.

"It turns a lot of heads and I'm looking forward to taking it down to the stadium for the new season.

"All the kids in Bletchley say 'look it's the MK Dons scooter'."

■ For the latest on the Dons see our sports pages.

Golfers warned about snakes in the grass

A COUNTRYSIDE expert has warned people not to attack adders and grass snakes after a number of sightings were reported at a golf course.

Following an article in last week's MK NEWS that an adder had been spotted at Wavendon Golf Club, other golfers reported seeing snakes on the course.

One reader, Jamie Green, took a photo on his mobile phone of a snake found inches from his ball, but Chris Coppock, Countryside Officer at Milton Keynes Council, believes that the photo actually shows a common grass snake.

He urged people to report any sightings rather than attack either species.

Mr Coppock said: "We've had a number of reports about adders in Milton Keynes.

"If they're on the golf course the biggest risk is if golfers are looking for their balls in the rough.

"My advice is make a lot of noise and the snake will move away.

"We have never had an authenticated record of an adder and until I see the beast on a plate I'm not convinced.

"If anyone spots an adder in Milton Keynes please take a photo and send it to me with details of exactly where and when it was found because we need to record it."

Mr Coppock warned that adders and grass snakes are protected against deliberate killing or injury.

If you have spotted an adder around Milton Keynes email a photo and details to chris.coppock@milton-keynes.gov.uk or call 01908 252590.

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PO closure protest was no damp squib

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

MORE than 60 people gathered in the rain at the weekend in an effort to save their village Post Office.

A vigil was held outside Little Brickhill Post Office on Saturday, organised by the village's residents association.

The Post Office is on a list of six branches across the city that are being considered for closure, which also includes Fishermead, Conniburrow, Weston Underwood, Water Eaton and Fenny Stratford.

An eight-week consultation began on Tuesday, July 8 as part of the national 'network change programme'.

Barry Landsberg, a member of the Little Brickhill Residents Association, said the large number of people at the protest showed the 'level of commitment and solidarity behind the actions being taken to persuade the Post Office to change its mind about the Little Brickhill closure'.

He added: "The rain did not dampen the defiant spirit of the people there, who are not only fighting for the Post Office, but also for the village shop which is at the heart of the village community and would also close as a direct result," he said.

Little Brickhill Post Office demonstraters brave the elements to show their resolve

The campaigners have voiced concerns that the closure will increase car usage and add to cost, pollution and congestion.

Alison Packer, chairman of the residents association, said the round trip to Bletchley Post Office service users would have to travel is 6.4 miles, which exceeds the distance guideline for closure, and the already overloaded Bletchley branch may have up to 40 per cent more people in its queues, which would create misery and frustration.

To take part in the consultation, which ends on August 26, write to National Consultation Team, Post Office Ltd, FREEPOST CONSULTATION TEAM (no stamp is required), or call 08457 22 33 44.

Your comments may not be kept confidential unless you clearly mark them 'in confidence'.

Patients given chance to nominate hospital heroes

HAS someone gone out of their way to help you at Milton Keynes Hospital?

Patients have been asked to nominate anyone they feel has helped to improve care at the hospital, as part of its first Recognition Scheme, to celebrate the dedication and achievement of individuals and teams.

Any member of staff or volunteer can be nominated, if they have gone out of their way to help you, worked in an innovative way to develop the services or helped to improve the working lives of staff.

One successful volunteer is Paul Hooley, a former patient who now helps to give advice and tips to patients with heart problems.

Paul was a fit, non-smoking vegetarian with no family history of heart problems, blood pressure or cholesterol, when he suffered a heart attack.

Following four days of intensive care and a further two on a general ward the 66-year-old returned home but Paul wanted to help the Cardiac Rehabilitation Services and joined the hospital as a volunteer in 2006.

Paul said: "I decided to volunteer as feel that I can offer the patients a different perspective – my own experience.

"I saw what a huge benefit the rehab unit was and the confidence it gave people.

"Now I talk to people and explain what I went through and point out that they too can rebuild their lives."

A hospital spokesman said: "We would like to invite patients, members of the Foundation Trust, staff and volunteers to nominate those who make a major positive difference, who go that extra mile, and who are committed to improving the experience of service users and colleagues."

The categories are: Making an outstanding contribution (team); Making an outstanding contribution (individual); Innovation of the year; Volunteering team of the year, and a special Individual award.

For an application form email jenny.murray@mkhospital.nhs.uk or visit www.mkhospital.nhs.uk

The closing date is Tuesday, August 26.

Cabbie sprayed in eyes by teenager

A TAXI driver was attacked by a teenager who sprayed him in the eyes with a stinging chemical substance.

The Raffles taxi was booked to pick up from Bradwell Abbey just after 4pm on Sunday.

But when the driver opened the window to a boy, as he pulled up at unit six by Lexus garage, he was sprayed in the eyes.

Police do not know what the substance was but it caused a stinging sensation.

The taxi driver drove off and the boy ran off into Bradwell Abbey Industrial Estate towards Wymbush. He is described as about 15 years old, with a wispy moustache, wearing a black hooded top.

Detective Constable Wendy Fellowes said: "We would like to speak to anyone in the area at that time who may have seen a boy fitting the description. At this stage it is unclear what the motives were for this attack but we would urge other taxi drivers in Milton Keynes to be extra vigilant when picking up fares and report any incidents to the police."

Anyone with information can contact DC Fellowes on 08458 505505 or Crimestoppers anonymously on 0800 555111.

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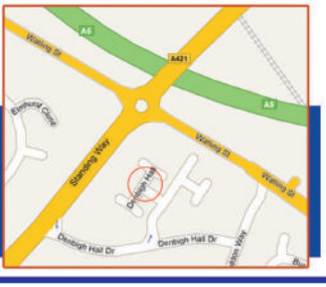

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Mayor Jan Lloyd shares a joke with Tony Mabbott as she sets about cleaning a lamppost in Barleyhurst play park

Park clean crew shows united front

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

RESIDENTS in West Bletchley arrived in battle gear to reclaim their park last week – armed with bin bags.

More than 100 people gathered at Barleyhurst Park, on Kinross Drive, to clean up the litter and graffiti left by vandals, whose late night drinking sessions in the park have caused problems in the past.

Mayor of Milton Keynes, Jan Lloyd, opened the clean up last Friday.

Local police, firefighters and Milton Keynes Council wardens were also there to help out.

The clean up party spent an hour filling up 23 bin bags with rubbish including litter, cardboard and bottles and, scrubbed graffiti off lampposts and play equipment.

> Lots of organisations have pulled together to make this happen and residents have told us how pleased they are to be doing something positive. Many of them are keen to make this an annual event
>
> **Cllr Liz Campbell, chair of Denbigh Neighbourhood Action Group**

Cllr Liz Campbell, chair of Denbigh Neighbourhood Action Group, which organised the event, said: "I am really pleased to see that community spirit is alive and kicking in West Bletchley.

"Lots of organisations have pulled together to make this happen and residents have told us how pleased they are to be doing something positive.

"Many of them are keen to make this an annual event."

Jeweller saves the day with new wedding ring

AN MK Dons fan will celebrate an extra special wedding anniversary today after losing his wedding ring while clapping at a match.

Tom Carrey was presented with a custom-made £1,200 wedding band yesterday by Woolfe Jewellery in thecentre:mk.

The 52-year-old, from Redwood Gate, Shenley Lodge, lost his ring as he applauded Paul Mitchell's return from injury at last Saturday's friendly against Reading.

But just as it looked as though Mr Carrey and wife Miriam would have to celebrate their 31st wedding anniversary without the ring, a kind-hearted jeweller spotted the story in MK NEWS and offered to make a replica from scratch.

Tom Carrey (centre) and his wife Miriam with Jeweller John Woolfe and the new ring, inset

John Woolfe, owner of Woolfe Jewellery, is used to manufacturing jewellery for the Tower of London and Kensington Palace but yesterday he presented a new 18 carat gold ring to Mr Carrey.

The jewellers also engraved his wife's wedding ring to add to the couple's celebrations.

Mr Carrey said: "I'm absolutely delighted.

"If you sat the two rings side by side it would be hard to tell them apart.

"They did a fantastic job.

"Mr Woolfe is a lovely man, a very kind man.

"I feel a lot happier and I'm so thankful to MK NEWS."

MKNEWS BRIEFS

Xscape to host TV talent show

FROM martial arts to dancing dogs, Xscape has it all this summer.

The venue is playing host to a series of shows from stars of TV series Britain's Got Talent.

Hundreds of people watched a breathtaking performance by duo Strike on Friday while this Friday at 2.30pm the Xscape plays host to Kate and Gin the performing dog.

This is followed on Friday, August 15 by a performance by MK's very own dance group Nemesis.

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Teenage beauty show on way to MK

The city is to play host to the country's only beauty pageant for teenagers.

The Teen Queen grand finals will take place at Wilton Hall, Bletchley next Thursday.

Fifty two girls will battle it out for the title of Teen Queen 2008 and Teen Princess 2008.

The event will be hosted by former Big Brother housemate Ziggy Lichman and will be filmed for a Channel 5 documentary.

The judging panel will be made up of sponsors and celebrity personalities including Louise Watts of Britain's Next Top Model fame and Tom Onslow-Cole, Britain's European Touring Car driver.

The pageant is split into two categories 16-19 years old and 13-15 years old.

Money raised from the event will go towards the Phillip Green Memorial Trust which helps sick and disabled children.

Each winner will be also be signed up by top modelling agency Rage Models to help kick-start her career.

Teen Queen was launched in 2006 at the Clothes Show Live exhibition.

Cash shortage puts refurb on hold until 2016

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

A SCHOOL has been dubbed 'the forgotten school' because of a lack of funding.

Newport Pagnell's councillors have raised concerns about Ousedale School's 1960s buildings being deprived of vital repairs.

This newspaper has also learned that Ousedale was looking to move to another site in Newport Pagnell but plans collapsed when the credit crunch took hold.

Though it is one of the four oldest schools in the borough, equivalents such as Lord Grey, Leon and Radcliffe have received or are due to receive major investment to bring them up to date.

However, Cllr Euan Henderson told Milton Keynes Council's cabinet: "By contrast, there are no plans to refurbish Ousedale before 2016, when the Government's Building Schools for the Future money will hopefully come to Milton Keynes.

"Meanwhile, parts of Ousedale are not fit for purpose, imposing significant constraints on the curriculum and on extended school arrangements."

Chair of Governors, Paul Collins, told MK NEWS: "We are hoping to move to a position where some more funding may be made available.

"These are very ageing buildings now.

"At the moment we are at the stage where we are putting together a phased reconstruction of the site.

"Previously we were hoping to relocate. We looked at a couple of sites in Newport but that died a death with the onset of the credit crunch.

"We feel we are very much the forgotten school."

He added that Ousedale is consistently at the top of results tables for A Levels and GCSEs.

Pair arrested after cars hit by bricks

A WOMAN suffered a broken collar bone after a brick was thrown at the car she was travelling in.

Two teenagers have been arrested after two cars were hit by bricks thrown from a bridge over the A5 near the Denbigh exit.

Two vehicles were hit at about 1.05am on Friday.

A female passenger in a Vauxhall Astra sustained a broken collar bone and the driver of a Peugeot 407 sustained minor injuries to his eyes from broken glass.

The two who were arrested in connection with the incident are currently on police bail while officers continue their investigation.

Detective Inspector Ray Summers said: "We take incidents like this extremely seriously.

"This kind of offence in other parts of the country has resulted in people being killed.

"The victims in this case were lucky that they did not sustain more serious injuries. While young people may think this some kind of game it could result in the death of someone and they could end up facing life imprisonment.

"We would urge anyone who sees this kind of offence being committed to contact the police immediately."

Anyone with information can contact the police on 08458 505505 or call Crimestoppers anonymously on 0800 555111.

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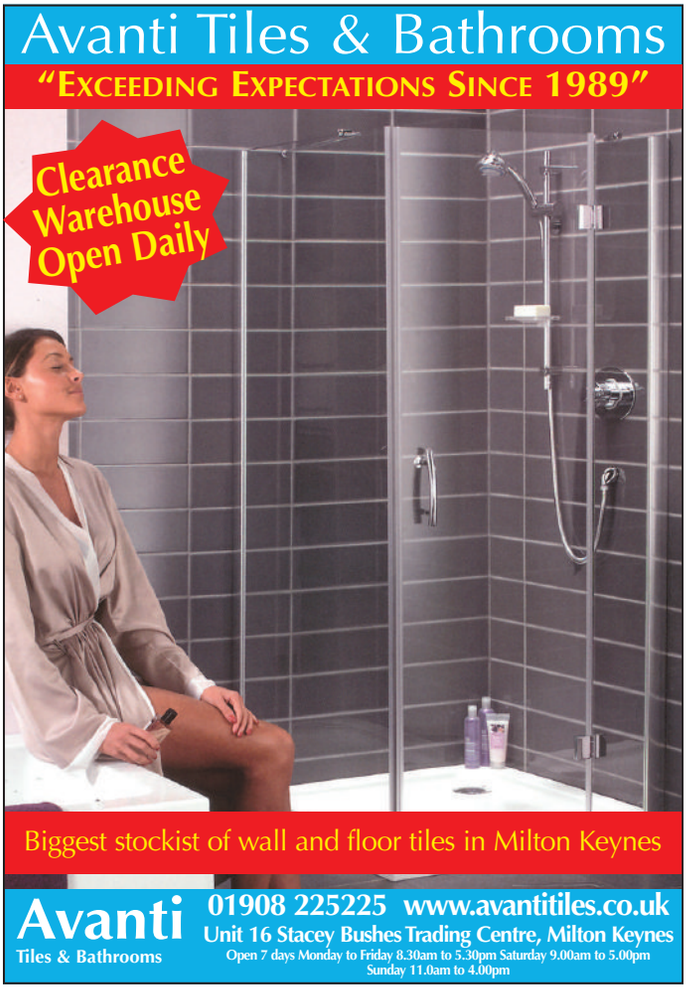

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Animals play a

WHETHER chasing down misbehaving prisoners, detecting drugs and bombs or scaring off pigeons, animals play a key role in security at Woodhill prison. MK NEWS reporter Laura Hannam went to meet the jail's furry, and feathery, friends and their handlers to find out more.

IT may look vicious but the dog in the picture on the opposite page is under complete control.

That is because since a tender age it has had its handler's commands imprinted on its mind through a rigorous training course.

But to Murfie *(far right)* it is all just a game as its aggression is based on its yearning for a toy.

Two-year-old Murfie has been trained since he was nine weeks old as part of Woodhill Prison's puppy-training scheme.

As one of 24 patrol dogs he is used to maintain discipline, act as a deterrent and detect anyone loose in the grounds.

The jail, on Tattenhoe Street, was the first in the country to set up a dedicated puppy 'school' three years ago.

The prison used to get their dogs at rescue centres or from donations, but now buys its German Shepherds from Eastern Europe where the breed remains pure.

Jonathan Gardner, senior dog trainer, explained that suitable dogs were hard to find and difficult to train as the rescue dogs often had psychological problems and dogs from families were too soft and spoilt.

"We do not want vicious dogs as you cannot control them, we want confident dogs with a natural defensive character that will not bite unless they have to," he said.

"We want a dog that will let go when you tell it to as we have got to use minimum force."

The puppies are bought when they are nine-weeks-old and trained by their handler until they are 15 months.

The handlers start by socialising the puppies, getting them used to people and other animals and taking them into all kinds of environments so that they are confident working anywhere.

Harriet the Harris Hawk on the perimeter wall at Woodhill Prison

This includes walking them in the city centre and playing with them around the prison grounds.

It is a 24-hour, seven-day-a-week job for the handlers, who care for the dogs at home every night.

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vital role in running of prison

At 18 weeks old German Shepherd pup Axel is now ready to start its basic training.

Giving a demonstration, Mr Gardner explained that much of the work revolves around building the dog's drive for a toy.

They start simply by teasing the dog with a ball on a string so that eventually when a trainer runs off with the toy it will chase him.

When the dog finds him and barks it is thrown the ball, so that if it is called to chase down an inmate it believes it will get a treat if it succeeds.

"It is just a game to him," said Mr Gardner.

At 15 months old the dogs are ready to go on an eight-week advanced training course, when they are taught skills including to defend their handler by barking and growling, to bite and hold a person's arm until their handler tells them to release, crowd control and to continue to attack despite a person having a stick or shooting a firearm.

A game is used to teach them every skill and as the dog chases after or protects its toy the handler utters commands which the dog will then associate with that action.

As another demonstration, Murfie is strapped into a harness and a whip is used to make a noise in front of him.

Mr Gardner explained that the whip is not used to hurt the dog but to build his courage, as it must not be afraid of loud noises or sticks.

When the dog is fully trained it must be assessed annually by Her Majesty's Inspectorate of Prisons before it can be issued with a licence.

There are currently four German Shepherds in the training programme and two arms and explosives dogs.

They will eventually join the team of 24 patrol dogs, four drug search dogs and one arms and explosives dog working at the prison.

Five of these patrol dogs have already been through the prison's new training programme. The trainers hope 75 per cent of their team will have done so in two years time.

Mr Gardner said the dogs play a key role at the prison stopping drugs getting through the doors, protecting against the risk of terrorism and acting as a deterrent to those who want to cause trouble.

"I do not think there has ever been an incident of a dog biting a prisoner at Woodhill as when they arrive they seem to defuse the situation, as nobody wants to get bitten," he said.

Another animal that helps keep security at the prison is Harriet the Harris Hawk.

The bird was bought by the jail three years ago to scare away pigeons, which were covering the security cameras in droppings.

The birds are attracted to the site as prisoners throw food out of their windows.

Justin Morris, technician at the prison who maintains the security systems, said putting a plastic hawk on the prison roof worked for only a limited period, so he decided to train to become a falconer.

Mr Morris flies the bird across the site every day.

"We will never get rid of the problem completely, but she does very well," he said.

"The pigeons have stopped nesting as they know their young may get eaten."

Murfie trains with handlers Mick Turner, left, and Jon Gardner

> I do not think there has ever been an incident of a dog biting a prisoner at Woodhill as when they arrive they seem to defuse the situation, as nobody wants to get bitten

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CRANE ACCIDENT: The Stoke Road scene where Donald Preston died

Man crushed by crane was taking it apart

BY LAURA HANNAM
laura.hannam@mk-news.co.uk

A MAN was crushed to death by a crane after it fell and trapped him underneath, an inquest has heard.

The inquest, opened last Wednesday (July 30), heard that Donald Preston, 62, from West End Lane, Henfield in West Sussex was pronounced dead at the scene following the incident in Stoke Road, Bletchley.

Mr Preston, company director of Jones Cranes, based in West Sussex, had recently bought the crane and was dismantling it to take away when the incident occurred at Willowbridge Marina.

The crane appears to have lifted and fallen as two pins were removed, the inquest heard.

Police were called at 1.30pm following reports that a man was trapped under the crane.

Fire services attended to assist the ambulance crews but Mr Preston was pronounced dead at the scene.

The inquest was adjourned until January next year, whilst Health and Safety Officers investigate the incident.

Mr Preston, who worked in construction throughout his life, was married to wife Elizabeth.

His son, Sean, said: "He was a hard working family man. There will be a big funeral as we was very popular."

"We will continue with the business."

He said the crane was bought to be renovated and sold.

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Lauren in the frame as UCMK first

THE new University Centre Milton Keynes has enrolled its first student.

Lauren Merrall, 19, from Bletchley will study Digital Imaging and Design for Media at UCMK which opens at Silbury Boulevard in September.

Lauren said: "I'm so looking forward to being in a higher education environment and studying in the new building at the city centre.

"It's a fantastic opportunity to study towards a degree locally.

"I always wanted to go to university but the costs of rent and living away from home put me off.

"This way I get to stay at home, be near my friends and save money.

"In fact, I'll be able to keep my part time job at Ikea and save enough money to go travelling.

"I would never have been able to do that if I studied somewhere else.

"It's my dream to travel before settling into a career and I'm planning to go to New York and Japan."

A wide range of courses are on offer at UCMK including Art, Design and Media, Business Management and Marketing, Accountancy and Finance, Computing and Information Purchasing, and Supply and Logistics.

Other routes include teacher training, social science and psychology, counselling, Health, Nursing and Social Care and Sport.

Vice Principal of UCMK Dr Keith Straughan said: "We are glad to welcome Lauren on board as our first student at UCMK.

"We hope that many more local people will follow and enjoy the benefits of staying at home while studying for a degree.

"We're certainly anticipating a huge surge of enquiries from August 14 when A-level students receive their results."

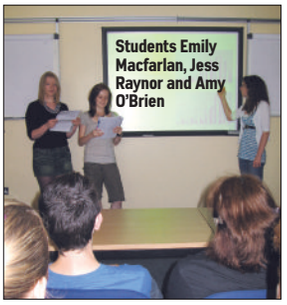
Uni asks sixth formers' opinions

AS the city's students wait to find out if they've made the grade to go to university, one local university has come up with a novel way to find out how young people choose where to apply.

Rather than employ a market research company to find out how sixth formers select a university, The University of Northampton decided they'd go straight to the horse's mouth by employing sixth formers taking part in Stantonbury Campus' exchange scheme with Tanzania to quiz their own peers.

Their findings, which also cover how students research universities, who influences their choices, and what image The University of Northampton has, have just been presented.

In return, the Stantonbury students have benefitted not only from a generous donation to their Tanzania exchange fund; they've also developed many skills to include on their own university applications – and later help them in the world of work.



Students Emily Macfarlan, Jess Raynor and Amy O'Brien

Nina Chauhan, a teacher on the exchange: "We've had Mark Cusiter, Senior Lecturer in Marketing at Northampton Business School, come in to run workshops with the students. They've learned the principles of market research, how to write a successful questionnaire, how to work to a brief, work in a team, and, of course, presentation skills."

"We are really grateful for Mark's support, and to The University of Northampton for finding this imaginative way of supporting the exchange."

An added bonus for all those taking part has been the survey's relevance to their own education. Almost all of those who took part in creating the questionnaire and quizzing students in year 12 and 13 are themselves about to go through the process of making their own applications to university.

Stantonbury student Emily Macfarlan said: "It's definitely made us assess what is important to us when we decide where we want to study for a degree."

Mum of two is student of the year

A 30-year-old single mum has been named student of the year at Milton Keynes College.

Angelina Kilpatrick won the Culina Logistics Business and Professional Award at the Milton Keynes College Students of the Year ceremony.

She was selected from around 700 students taking courses at the college.

Angelina said: "I was very surprised but I'm proud of myself and my family are proud of me, especially my mum.

"She was over the moon.

"I'm doing this for my kids. I was working part time in a call centre to support them but I wanted to work in HR so I went to college."

Sponsors Culina are one of Milton Keynes' largest employers and said Angelina is an inspiration for her fellow students and praised her for her 'positive attitude to work and the ability to motivate others'.

Giving up employment to dedicate her time to study, she found it difficult to cope with the pressure of being a full-time student and mother to Joseph, eight, and Jamie, three.

Determined to succeed Angelina remained committed and maintained a 100 per cent attendance record, achieving distinctions in all her assignments.

She has now set her ambitions even higher and hopes to go to University to continue studying business and specialise in human resources.

Angelina was presented with her award by Ian Harbour, general manager of Culina's distribution centre, based on Whitehall Avenue in Kingston.

Culina Logistics has been supporting the Milton Keynes College Student of the Year awards for three years.

The company is a leading provider of award winning multi-temperature distribution services for a wide range of food and drink manufacturers.

Oceana treat for 'A-level night'

A-LEVEL students will celebrate their exam results with a sneak preview of the refurbished Oceana nightclub.

Students from schools across the city will be out in force on Thursday, August 14 and Oceana has arranged to show off its £2m refurbishment ahead of the public opening on Friday, August 22.

Oceana's management say they are rewarding local students for their hard work by throwing a 'Results Day' party.

The club now boasts a new style 1,000 capacity Reykjavik Ice House, VIP suites, and a new Boudoir and vodka Russia Bar.

General manager, Mark Molton said: "A-level night is the biggest night in the clubbing calendar and we wanted to give our A-level students a special reward by opening up the main club just for them."

Tickets for the event, which is strictly over-18s, can be purchased from www.tick.it

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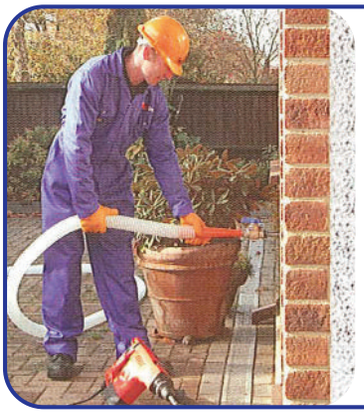

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Sexual Health Week targets chlamydia

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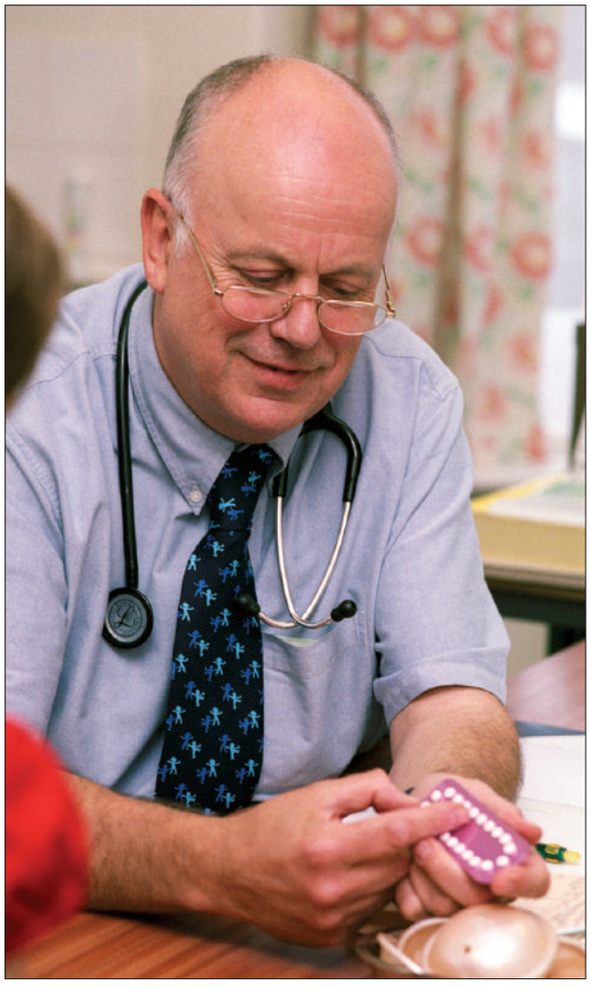

You can be tested for Chlamydia at your local GP practice

MILTON Keynes Primary Care is aiming to promote positive sexual health during a week of awareness.

Sexual Health week runs until Sunday.

Chlamydia is one of the most common sexually transmitted diseases.

The chlamydia screening programme was launched in March 2006 in Milton Keynes, with the aim of screening sexually active young people between the ages of 15 and 25, as part of the national screening programme. In 2007, the programme screened 2,881 young people, 13.6 per cent of whom tested positive, against a national average of ten per cent.

Milton Keynes PCT is urging people to be aware of the condition.

Most people who have the condition will not have any symptoms, or very mild symptoms that are not noticed. The only way of finding out if you have chlamydia is to have a test.

Risk factors for chlamydia increase if you are under 25, have a new sexual partner, have had more than one sexual partner in the past year, or have not used condoms.

The test is relatively quick and simple: for women, it involves a swab of cells in the vagina (a cervical smear test does not check for Chlamydia). For men, the urine tests are most commonly used. You can have the test at your GP practice or sexual health clinic: whatever is most comfortable for you. If the test reveals you have Chlamydia, it can be treated easily, with a course of antibiotics.

It is important to test for Chlamydia if you think you have put yourself at risk because if it is left untreated, it can cause problems in the reproductive organs of both men and women and cause infertility.

Milton Keynes PCT has invested in sexual health services over the last year, with greater availability and choice of services. Sexual health services at Brook and at Central Milton Keynes Medical Centre are now well-established after a successful pilot.

Availability of sexual health services has increased from 20 per cent of patients being able to see a healthcare professional within 48 hours in 2005 to 90 per cent in 2007. The PCT is confident of improving this rate still further in the next year.

Dr Diane Gray, Deputy Director for Public Health, said: "Good sexual health is everyone's personal responsibility. It is very important to attend Chlamydia screening and to use condoms to help prevent against all sexually transmitted diseases. Sexual health services are widely available in Milton Keynes; don't be embarrassed to look after yourself."

For further help or advice, local people can contact:

- Local Brook Advisory Service: Acorn House, 355 Midsummer Boulevard, Milton Keynes MK9 3HP, 01908 669215, www.mkweb.co.uk/brook/
- GUM Clinic at Milton Keynes General Hospital: 01908 243860
- Chlamydia screening coordinator: 01908 200933
- Sexual health line 0800 567 123 (freephone)

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The Last Days of Summer Festival featuring Supergrass *(right)*, Athlete, Fun Lovin' Criminals, Young Knives, Black Kids, The Rascals, Royworld and a special appearance from a Britpop legend, takes place at Stowe House on Monday, August 25.

MK NEWS is the media partner for the festival and has teamed up with organisers to give you the chance to win VIP tickets for the big day.

The VIP tickets are normally available for £99.50 (Booking Fee Included) but are on a strictly limited basis only.

The tickets gain you access to the VIP area where there will be special guest DJs, VIP toilets and facilities, garden area with seating and a private bar.

Event spokesman Ciaran Kennedy said: "The Last Days of Summer Festival is one of the music calendar's coolest new dates which brings together, on one stage for one day, a brilliant, international line-up to one of the most beautiful parts of the country.

"This is the first time Stowe House has agreed to stage this type of event and we've worked hard to deliver a line-up you'd normally only see at the really big festivals. The Last Days of Summer will allow friends to sit and chill out, grab a beer and sandwich at the bar and food village and enjoy for the last time in 2008, a superb British festival."

Tickets, priced at £39.50 plus booking fee, are available from www.seetickets.com or by calling 0871 220 0260.

The event car park will open from 10.30am, gates open at Midday, performances start at 1.30pm and the event finishes at 11.00pm. Set-times and further information will be posted closer to the event.

For the latest Last Days of Summer news and festival details visit www.thelastdaysofsummer.com

HOW TO ENTER

MK NEWS has a pair of VIP tickets to give away for the big day. All you have to do is answer this simple question.
Where is the The Last Days of Summer Festival taking place?
Answers on a postcard to Festival competition, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes, MK15 0DU or by email to competitions@mk-news.co.uk
Please include your name, address and daytime telephone number. First correct answer drawn out of the hat wins. The editor's decision is final. Closing date August 15.

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Saturday 9.00 - 7.00
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COMPETITION

Win crystal wine glasses

WIN one of five top gift ideas from John Lewis.

John Lewis Milton Keynes has opened a 'Gifts for all occasions' service point for all Gift List enquiries on the ground floor next to its Linen department.

The service point will help you choose those gift presents be it a wedding, christening or simply a house warming party you are attending.

It will also be able to print any Gift List and will advise you through its large assortment to find that perfect present, just bring along your gift list invitation card or details of the listholders.

MK NEWS has teamed up with the store to give you a chance of winning one of the top five gift ideas. All you have to do is complete the competition form below.

This week the pair of John Rocha Waterford Crystal wine glasses – worth £90 – are up for grabs.

Designed by John Rocha, these stunning black wine glasses in full lead crystal feature a contrasting clear cut band around the middle and are guaranteed to make a real impact on your dining room table.

Week 3 - Win a pair of John Rocha Waterford Crystal Wine Glasses.
(Closing date: Tues August 12, 2008 @6pm)
Drop this coupon into the entry box at "Gift List" on the ground floor of John Lewis Milton Keynes near the escalators.

Name: .....
Address: .....
.....
.....
Daytime Tel No: .....
Email Address: .....

You gotta have faith to register

A MK-wide survey is being carried out to attract a broader mix of people to register with the MK Council of Faiths.

The Council of Faiths (CoF) is a representative group of formally elected faith leaders from the nine largest faiths in Milton Keynes. These are Buddhist, Christian, Hindu, Jewish, Muslim, Sikh, Zorostrian, Bahai and Jain.

CoF, which is supported by Milton Keynes Council, is inviting all organisations and groups with a faith-based interest to register with them – all this takes is ten minute questionnaire which can be completed online by email, by post, or over the phone or in person by arrangement.

To find out more go to http://www.miltonkeynes.gov.uk/equalities/DisplayArticle.asp?ID=37581.

Or write to: MK Council of faiths, c/o Chief Executive's Office, PO Box 111, Civic Offices, 1 Saxon gate East, Milton Keynes MK9 3HG.

You can also call (01908) 253898 for more information.

ABTA

MKNEWS

NEWMARKET Holidays

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Celebrate the festive season in a fairy-tale land of pine-and birch-blanketed mountains, crystal-clear lakes, spectacular waterfalls and romantic valleys – an idyllic setting for an unforgettable Christmas break.

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Departs 6 December 2008 from £89.95

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Visit the vibrant French capital in the Autumn with an included visit to Versailles, home to the most stunning Palace (with its fabulously just-restored Hall of Mirrors) and Gardens and experience the travel sensation of our time - the Channel Tunnel, which whisks you from England to France in less than half an hour - and it's all wrapped up in a great value weekend break.

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Departs 7 November 2008 from £109.00

For a brochure - tick box(es) - ☐ Black Forest (EBX) ☐ New Year at Disneyland (PDO) ☐ Christmas at Castle Howard (XCH) ☐ Paris & Versailles (PVF)

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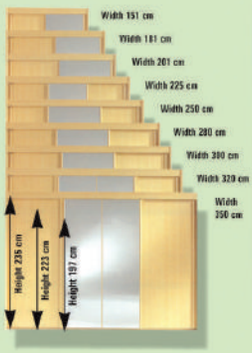

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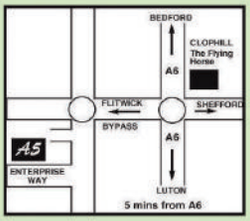

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www.deep-cleaners.co.uk *see web for details*

MK GREEN NEWS

Next stop... on yer bike

TWO thirds of rail users currently travelling to Milton Keynes station by car are being encouraged to find more eco-friendly means of getting there under a new plan.

Milton Keynes is just one of 24 stations selected nationwide to take part in a Government pilot scheme called the Station Travel Plan (STP), aimed at encouraging rail users to use environmentally friendly forms of transport when travelling to and from stations.

And the first step will be to carry out a detailed three month study starting in September to find out the numbers of people using the station and what method they choose to get there – the majority currently opt for the car.

The STP for Milton Keynes is likely to be in place by March 2009 and is likely to have a series of measures to encourage non-car access to the station.

These may include improved cycle storage facilities, better bus interchange or more passenger information as well as urging motorists to consider car-sharing.

The STP will also form part of a wider strategy to improve access to Station Square and the council is also in discussion with London Midland (the company that runs the station) to consider improving facilities at the station.

Cllr Douglas McCall, cabinet member responsible for public transport, said: "We are delighted to be one of just a handful of places to be selected to pilot the Station Travel Plan.

"I am sure this recognises the work the council has been involved in by establishing one of the most successful; car share schemes in the UK and being one of the few areas that are increasing passenger numbers using the buses."

Ruth Kelly, Secretary of State for Transport, said: "We believe that a station travel plan can make it easier for people to use sustainable forms of transport for their journeys.

"I am delighted by the high level of interest shown by local authorities and train operators in the station travel plan idea and welcome the announcement by ATOC (Association of Train Operating Companies) that over 20 pilots are to be set up. "

Over the next nine months, extensive passenger research will be carried out at pilot stations to understand how and why passengers choose particular modes of transport to access them.

■ **HOW are you helping the environment? MK NEWS wants to hear from you. Organisations, businesses, schools and members of the public can contact us with their green stories. E-mail the newsdesk on green@mk-news.co.uk or phone 01908 689595 to talk to one of our reporters.**

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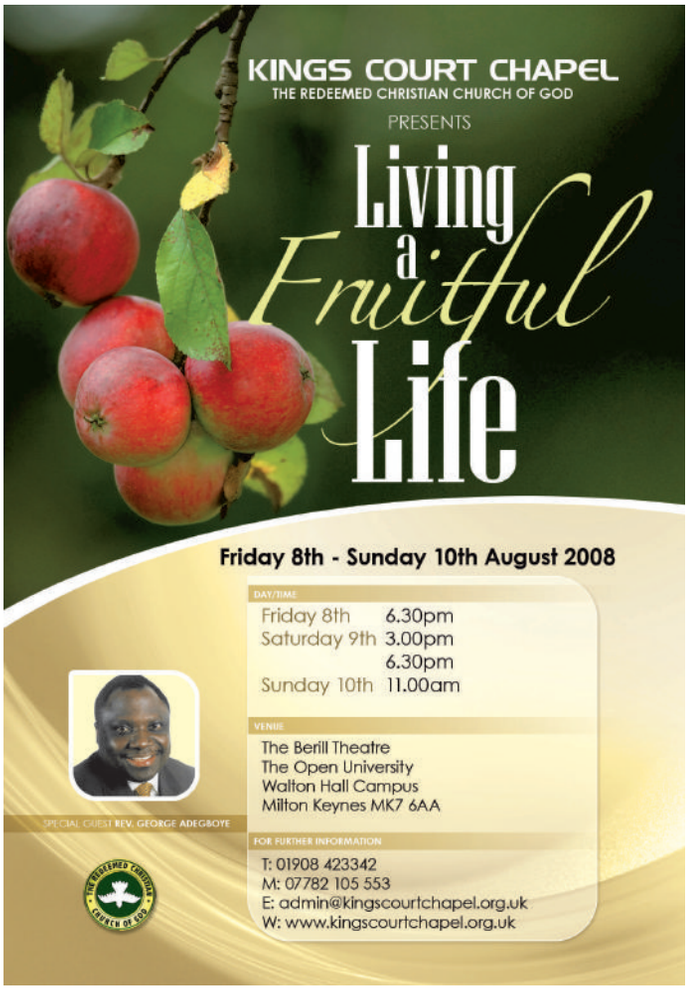

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Local news EVERY DAY of the week
www.mk-news.co.uk

MKANNOUNCEMENTS

Birthdays

Look Who's 8 on 8-8-08!

Happy Birthday

All Our Love, Mummy, Daddy and Joseph XXXXX

Happy 16th Birthday

Mikey!

Loads of Love, Mam, Russ, Bradley and Cooper XXX

MARJORY BURNAGE

To a wonderful mum, nan and great nan

Happy 90th Birthday

Have a lovely party all our love from all your family

DOUBLE CLICK YOUR MOUSE!

Kim Bird Hit 50

5th August 2008

Love Looney Lainey, Bridie and Chase XXX

RICHARD O'DELL

Happy 30th Birthday

6th August

Love from mum and dad xx

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Birthdays

KIERAN O'DONNELL

Happy 21st Birthday Today

Lots of love mum, dad, Colleen, Michael, Jemma xxx

NANCY MAY BONWICK (NEE JONES)

Wishing you a very happy 80th Birthday 5th August 2008 Lots of love from all your family xxx

'NUCCIO'

50 TODAY!! Happy Birthday

Lots of love Carla, Daniella, Nadia and Laura xxx

ERIC PING

Happy 80th Birthday Dad

8th August

Lots of love from all the family

HAPPY 60TH BIRTHDAY

FRED CRAGGS

1st August

All our love, Jenny, Caroline & Nick, Rachele & Nick, grandchildren Amba, Brooke, Tye, Skye and Owen xxx

LOOK WHO'S 50 LINDA VENTOLA!

Happy Birthday Mum

Lots of love from Tony, Vincenza, Fabrizio and Armando xxx

FRASER WOODHOUSE

HAPPY 18th Birthday 2nd August.

With love from mum, dad, Ryan, Brittany, nanny, grandma and grandad

KATIE BEATTIE

Happy 18th Birthday

Love always mum, dad, Mary-Jane and Sophie xxxx

CHARLOTTE BARTRAM

Happy 16th Birthday

5th August 2008

"From cute to beautiful!" *Love always Mum, Dad, Craig, Nan and Rosie x*

Nessa Tarrier

Happy 16th on 7th August 2008

Have A Great Party!

Lots of Love, Mum, Dad and Hayleigh XXX

Congratulations

ZAK RESINATO

Congratulations on achieving your black belt in Kick Boxing

Lots of love Dannii x

GENE CRAIG & LUCY JADE BUNTING-GRAY

Congratulations on your wedding 5th July 2008

God bless and keep you. Dale, Brenda, Blake and Meegan

In Memoriam

GRAY

23rd Anniversary

In loving memory of John who died on 2nd August 1985

The hand of time keeps turning,
The years have slipped away.
But the memories we have of you,
no one can take away.

Remembered by your loving wife Teresa, Patrick, Martin, Shirley and their families

KEVIN MAGUIRE

4th August 2006

Two years has passed, Life has never been the same. Remebering you is easy, We do it every day, It's the heartache of losing you, That never goes away.

Love and miss you lots Chris and Hayley xx

In Loving memory of **IONA COOPER** (Nee Macrae)

7th August 2006

Barry, Robert and Carol, Rebecca and Neil, Antony, Daniel and all the grandchildren. FORTITUDINAS

FOGARTY Nicola Jane .Thoughts are with our dear neice and cousin Nicola Jane who left us so suddenly on 3rd August 1995. We all still miss you. God bless you Nicola. Love Auntie Pauline, Pete and cousins Paul, Linda and Dianne xxx

SNAPE John Gerard 28th July 1987 Treasured memories of a much loved son and brother. So very sadly missed. Dad, mum, Jason and Lisa.

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You can aid your healthcare by contacting data team

PATIENTS are being encouraged to notify Milton Keynes Hospital about any changes to their personal details.

The hospital's 'quality patient care' initiative relies on up-to-date information about each patient and the Trust is appealing for patients to contact them if their details have changed.

A hospital spokesman said: "Patients have an important and vital contribution to make to their healthcare by helping us to ensure the details we hold about them are accurate.

"Quality patient care requires quality information.

"If a patient had recently moved house but didn't update their information, there could be problems in contacting that patient to arrange a necessary appointment.

"That patient could then experience delays in receiving essential treatment.

"Doctors, nurses and others need to be able to rely on the accuracy of information available in order to be able to provide timely and effective treatment for a patient."

To notify the hospital of a change in your details, such as address, telephone contact number or change of name, contact the Data Quality Team on 01908 243753 or email your details to changes@mkhospital.nhs.uk

Mr Stewart goes to Washington

OVER THE POND: Iain Stewart (left), joined Shadow Defence Secretary Liam Fox MP in a trip to Washington DC

BY JESSICA CUNNIFFE
jessica.cunniffe@mk-news.co.uk

AN MP wannabe swapped Milton Keynes for Washington DC when he went to deliver a speech at the White House.

Iain Stewart, Conservative parliamentary candidate for Milton Keynes south, joined eight other parliamentary candidates on a 'transatlantic leadership exchange programme'.

It was his first trip to Washington DC, followed by Chicago, and an 'amazing experience'.

His highlight was being invited to the White House to give a speech on the issues of the day, such as the credit crunch and climate change.

"The big controversy in America is that petrol prices have reached four dollars a gallon," he said.

"I said – you think you've got it bad – in the UK it is six.

"They were quite shocked about the prices in the UK."

Mr Stewart also took the opportunity to drew comparisons between the city he hopes to represent and the world superpower.

"Milton Keynes is unique in Britain because it's based on American layout with the grid system," he added.

"They were really interested to learn as they often think this country is thatched cottages.

"In many ways Milton Keynes does embody the American attitude of aspiration."

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Hiroshima remembered at the Peace Pagoda

ONE of the city's most poignant and striking events takes place tonight.

The Hiroshima Day Commemoration Ceremony takes place at the Peace Pagoda, Willen Lake North.

The annual service is a ceremony of remembrance and reflection. It will mark the 63 anniversary of the dropping of the Atomic bomb on the Japanese city of Hiroshima.

The brief Buddhist ceremony will be followed by prayers from other faiths and then at dusk the Mayor, Cllr Jan Lloyd, will lead the procession of candle lanterns to the edge of the lake.

The colourful lights will be sent out onto the water, representing the souls of the dead leaving their earthly life.

The event starts at 8pm.

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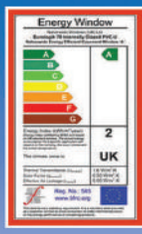

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New beds in place for hospital's busy winter period

EXTRA beds will be available at Milton Keynes Hospital following rebuilding work on several wards.

Ward 14, which is undergoing a full refurbishment and redesign, will reopen as a 19-bed medical ward at the end of the 2008.

It will deal with a range of illnesses, such as recovering respiratory or heart patients, and will enable the Trust deal with the winter period, when the hospital is particularly busy.

Milton Keynes Hospital Trust has also revealed plans to create a new 25-bed ward and significantly expanded endoscopy unit, which should be open by the end of April 2009.

Bob Heavisides, Director of Facilities at Milton Keynes Hospital, said: "When we gained NHS Foundation Trust status we promised that it would mean the financial freedom to invest quickly and effectively for the benefit of our patients.

"We are now making use of the new freedoms afforded by our Foundation Trust status.

"The expansion of the hospital is enabling us to meet the healthcare needs of the local population, whilst maintaining our focus on improving the quality of the care and the services we deliver."

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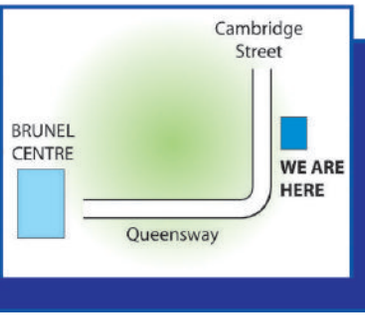

School's out, respect is in

BY ROB GIBSON
rob.gibson@mk-news.co.uk

OVER 2,000 letters were sent to schoolchildren to warn them about their behaviour over the summer holidays.

Five Neighbourhood Action Groups (NAGs) sent letters out to primary and secondary school students before the end of term in an effort to reduce anti-social behaviour.

The secondary school letter warned 1,600 year nine and ten pupils from Furzton, Shenley Lodge, Emerson Valley, Tattenhoe, Stony Stratford and Wolverton, about the dangers of underage drinking. It also highlighted a police initiative called Operation Drystone which will target the problem.

Local Neighbourhood Police Inspector Richard Nicholls said: "We don't want to spoil anyone's fun but we're encouraging pupils to think carefully about the effects that underage drinking can have on their life and others around them.

"Operation Drystone will be taking place throughout the summer holidays and will involve monitoring all underage drinking and the purchase of alcohol for under 18s closely."

A letter to the parents of 620 children from primary schools in Furzton and Shenley Lodge asked children not to litter their local area or damage the environment.

David Livingstone, Chair of Furzton and Shenley Lodge NAG, said: "We decided to send out the letter to encourage parents to think carefully about where their children are playing this summer.

"Although the majority of young people do not cause any trouble, being out unsupervised on the streets, particularly in the evening, can create perfect opportunities for carrying out anti-social behaviour and cause problems for those living in the area.

"We all want a decent place to live, and we all have a responsibility to help create this."

> We don't want to spoil anyone's fun but we're encouraging pupils to think carefully about the effects that underage drinking can have on their life and others around them
>
> **– Policeman Richard Nicholls**

Missing memory

ARE these your photos?

Police believe the memory card which they were found on may have been stolen and need to locate the owner to help convict the offender.

The memory card was found at a house in Bancroft Park and these are two of 55 photos on it.

They include a number of shots showing a baby girl holding the children's toy, featured in the photo.

Detective Constable John Swallow said: "We hope that the person who the memory card belonged to will recognises these photos and contacts us.

"We want to return the card to its rightful owner and find out if it was stolen.

"We are still investigating how this item ended up at an address in Bancroft Park and the evidence from the owner of the memory card could help us secure a conviction."

If you recognise these photos please contact Det Con Swallow on 08458 505505 or call Crimestoppers anonymously on 0800 555111.

MKNEWS 'Where news comes first in MK' www.mk-news.co.uk

Have you've ever wondered what it takes to become a top business mogul?

Think of top businessmen and household names like Richard Branson, Bernie Ecclestone and Easyjet's Stelios Haji-Ioannou spring to mind.
But have you ever wondered what special qualities took them to the top of their respective business trees?
The world of business can be incredibly cut-throat, high powered and difficult to break into.
So where do you start if you have dreams of becoming a successful business man or woman?
Here are a few tips to help you on your way:

- Be focused and have a clear vision of what you want to achieve.
- Have a passionate belief in your ability to succeed.
- Hard work, determination and having amazing foresight are vital.
- Don't be content to rest on your laurels.
- See everything as a positive. Make negatives into positives.
- Success can breed success but don't overreach yourself unless you have a sound business plan.
- Be 'hands on' and know your business inside out. But don't be afraid to delegate to someone you trust.
- Be opportunistic - know how to back a winner.
- Know how to network.
- Do your homework and write a Business Plan

For inspiration, these are a small example of successful business's in Milton Keynes...

Drop Dead Gorgeous

Looking for a bargain then come to Drop Dead Gorgeous in Towcester where you'll find quality handbags at reduced prices in our Summer sale. Also reduced we have lots of jewellery and gifts.Sale starts 10am Saturday 11 August However, if you can't wait we have lots of discounted styles in our clearance corner

Just in, in time for the holidays are Fiorelli sunglasses in all the latest catwalk styles. Also for your holidays we have lots of beach bags and holdalls in a fantastic range of colours.Or why not treat yourself to one of our beautiful summer bags and accessorise that sexy summer outfit with out wide selection of jewellery,

For those of you attending wedding and formal occasions we have a large selection of fascinators in many styles and colours.

With autumn/winter coming up we have added the fabulous new range of Bulaggi bags many now in stock.As with summer colour is vivid with beautiful purple, plums, reds and greens looking strong.Another strong trend is patent which features in many collections.

Drop Dead Gorgeous
94 Watling Street East, Towcester, Northamptonshire, NN12 6BT
Telephone: 01327 350391 Email: b_c_cairns@hotmail.com

Ivy Lane Cattery

Established in the summer of 2006, Ivy Lane Cattery goes from strength to strength.

The proprietor, Kim Gurney, and her assistant are trained to the standard required by the Feline Advisory Bureau (the leading charity promoting the health and well being of cats), and the Cattery has just received FAB listing, which has been awarded to fewer than 200 catteries countrywide ensuring that your cat will be cared for to the highest standard. Ivy Lane Cattery is located in a rural location in Great Brickhill.
The heated comfortable chalets and runs are large and all look out onto a central planted area. Each chalet is separated from its neighbour with acrylic panels allowing the resident cats to see each other without being able to touch. There are also facilities to allow families of cats to be accommodated in adjoining chalets with access to each other at all times. All cats are required to have up to date vaccination certificates.We advise early booking, especially for holiday times. Inspections are invited, but please ring beforehand.

Hours of opening are 10.00 -12.00 and 4.00 - 6.00 weekdays, and 10.00 - 1.00 weekends.
Collections and delivery are available. 01525-261808 ivylanecattery@dsl.pipex.com
Kim Gurney Ivy Lane Cattery Ivy LaneGreat Brickhill MK1 7AH

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A safe, gentle and proven solution to emotional and anxiety problems if you want to lose weight, stop smoking or set yourself free from any problems, habits or symptoms that are worrying, you can do this easily, and effectively using hypnotherapy.

Many different symptoms of anxiety can be treated including depression, stress, panic attacks, as well as other problem areas such as lack of confidence, exam nerves and phobias. Expectant Mothers can benefit from the relaxed child birth programme.

For deeper emotional and psychological problems she uses a specialist method called "Pure Hypnoanalysis". A special type of hypnotherapy, it is an amazing natural therapeutic process developed to help people permanently resolve unconscious anxieties. It is not a short term sticking plaster therapy or just a coping mechanism but rather a natural therapeutic process facilitated by hypnosis that offers total resolution of emotional conflicts. The amazing life changing results can only be described as an enlightening liberation!

Free consultations lasting approximately 45 minutes are available to every reader to discuss your case in confidence.

Contact Emily Heale on 07990 521266
Email: emily@thehypnopractice.com or visit her website www.thehypnopractice.com

COMPETITION

Win a walk on the wild side…

A BUTTERFLY park has relaunched with a new name and much more to offer this summer.

And Wild Britain, formally known as the Bedford Butterfly Park, has teamed up with MK News to offer five family tickets to give away.

New for 2008 is the exciting Hedgehog Play Trail. With fun puzzles and activities, you'll wander through wild meadows, build a shelter, spot wildlife against the clock and take cover in the woodman's hut.

Plus in the tropical jungle you can become a Safari Spotter and claim a special free badge.

With conditions just like the tropics, come face to face with butterflies in every stage of their development. Be warned… it's hot, hot, hot!

You can also expect the unexpected at Wild Britain as every day the keepers introduce you to some of their not so common residents.

Discover how soft a tarantula is, feel a cockroach scuttle across your palm and hold a large African Land Snail.

WILD BRITAIN

No doubt, with so much excitement you'll deserve a rest, whether it's taking in one of the daily puppet shows, eating a tasty snack in the tea room or making your own arty creation in the activity cabin to take home.

Wild Britain is located on the edge of Wilden, approximately four miles north east of Bedford town centre.

All activities are included in admission, which costs £4.50 for children, £6.00 for adults and under 2s are admitted free.

For more information call 01234 772 770 or visit www.wild-britain.co.uk.

HOW TO ENTER

To win one of five Family Tickets (admission for two adults and two children, worth £22) on offer just answer the following question:
What is the name of the new Play Trail at Wild Britain? (a) Fox Play Trail (b) Badger Play Trail (c) Hedgehog Play Trail.
Answers on a postcard to Wild Britain Competition, MK NEWS, 1 Diamond Court, Fox Milne, MK15 ODU or by email to competitions@mk-news.co.uk
Please include your name, address and daytime telephone numbers.
First correct entries drawn win. The editors decision is final and the closing date is August 13.

Welcome to BROUGHTON

Broughton is a historic village in Milton Keynes; near the Bedfordshire border. Extensive construction of housing has recently taken place in this area to expand the village.

The village name is Old English and means village by the brook. It is in a tranquil setting with delightful old buildings surrounding the church. It is ideally positioned for access to the M1 motorway at Junction 14. The city centre is just a few minutes away by car.

Budgens

Your local fresh food supermarket

Opening hours: 7am-10pm Mon-Sun
54 Tanfield Lane, Broughton,
Milton Keynes MK10 9NY
01908 242990

The Local Centre provides all the necessaries; there is also a family friendly Brewsters pub and restaurant, with a play area, moments away to offer entertainment for all. Broughton is situated next to The Kingston Centre, providing a petrol station and other retail units.

SEE THE ONE AND ONLY CHITTY CHITTY BANG BANG AT BROUGHTON GATE.

SATURDAY 16TH AUGUST,
11AM – 4PM.

JOIN US FOR A TRULY SCRUMPTIOUS CELEBRATION AT BROUGHTON GATE.

As the children's classic Chitty Chitty Bang Bang marks its 40th anniversary, why not come to CALA's celebration event at our exclusive Broughton Gate development and see the original, fantasmagorical flying car for yourself? Broughton Gate is a stunning development of family homes situated close to central Milton Keynes. So make a date for a magical family visit. Because at CALA, WE CARE ABOUT THE THINGS YOU CARE ABOUT.

BROUGHTON GATE
Broughton, Milton Keynes MK10 9LL. Call 0845 409 1472 or visit **www.calahomes.co.uk**

Calls from within British Isles charged at local rate.

CALA HOMES

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Painkillers and a sheet of exercises are not your only options

A large trial funded by the Medical Research Council in 1990 concluded that CHIROPRACTIC TREATMENT was 30% more effective than hospital outpatient management, mainly for patients with chronic or severe lower back pain. A follow up trial in 1995 confirmed patients with lower back pain treated by Chiropractors derived more benefit and long term satisfaction than those treated by hospitals.

British **Chiropractic** Association

Milton Keynes Chiropractic Clinic

at Fenny Stratford (Nr Bletchley) 01908 372737

www.mkbackpain.com

63 Aylesbury Street, Fenny Stratford,
Milton Keynes, MK2 2BJ

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- Arthritic pain • Sports Injuries • Babies and children (colic/etc)
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single women

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50YR old black female, divorced, genuine, soft spoken, seeks caring male, 45-50 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 330698**

WIDOW late 60's, 5ft 5ins, slim, fit, romantic, tactile, loving, likes theatre, walks, countryside, wildlife, rugby, seeks loving man for genuine relationship. **Tel No: 0911 374 0222 Box No: 325306**

LATE 50's female, seeks younger male, 35-55 for fun and friendship. No timewasters. **Tel No: 0911 374 0222 Box No: 245222**

38YR old fun loving Leo, likes meals out, cinema, travel, walks, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 310774**

QUICK witted lively brunette, striking green eyes, WLTM similar male for good times. Maybe more. **Tel No: 0911 374 0222 Box No: 327240**

YASMINE 29, Cuban, size 16, seeks male, 25-50 for fun, friendship, maybe more. **Tel No: 0911 374 0222 Box No: 305342**

ARE you a mature guy looking for a fit and active mature girl? Call to hear much more, you won't be disappointed. **Tel No: 0911 374 0222 Box No: 330186**

LAIDBACK lovely brunette, late 40's, seeks special genuine male for LTR. **Tel No: 0911 374 0222 Box No: 312448**

PETITE cuddly, bubbly female seeks very adventurous male for fun times. **Tel No: 0911 374 0222 Box No: 327242**

FEMALE 34, blonde hair, blue eyes, seeks male, 35-40 for love and romance. **Tel No: 0911 374 0222 Box No: 271646**

CURVY green eyed blonde, will try anything once, looking for country loving male with interesting ideas. **Tel No: 0911 374 0222 Box No: 327250**

FEMALE 29, seeks male, 30-45 for fun times. **Tel No: 0911 374 0222 Box No: 233352**

DIVORCED woman, needs to get her groove back! seeks sincere active energetic fun guy with GSOH for fun times. **Tel No: 0911 374 0222 Box No: 330194**

SEXY black lady, seeks male, any age for romance. **Tel No: 0911 374 0222 Box No: 263846**

BEAUTY and brains! 44yr old attractive, ambitious female, seeks kind, caring guy to share life with. **Tel No: 0911 374 0222 Box No: 257085**

BEAUTY and brains! 44yr old attractive, ambitious female, seeks kind, caring guy to share life with. **Tel No: 0911 374 0222 Box No: 257085**

FEMALE 29, seeks male, 30-45 for fun times. **Tel No: 0911 374 0222 Box No: 233352**

27YR old brunette, slim, curvy, GSOH, seeks honest, romantic male for dates, possible LTR. **Tel No: 0911 374 0222 Box No: 329192**

WIDOW young looking/feeling 72, GSOH, loves gardening, walking, meals in/out, easy to please, seeks genuine male. **Tel No: 0911 374 0222 Box No: 328388**

HELEN 38, blonde hair, blue eyes, likes cinema, theatre, seeks male, 30-50 for fun, friendship, maybe more. **Tel No: 0911 374 0222 Box No: 294918**

YOUNG 60's female, blonde hair, blue eyes, 5ft 6ins, medium build, warm, loving, GSOH, N/S, seeks sincere, loving male, 50-60's for friendship/relationship. **Tel No: 0911 374 0222 Box No: 327532**

PETITE attractive 60yr old blonde, seeks company of a guy who enjoys life to the full. **Tel No: 0911 374 0222 Box No: 301557**

HEAD strong, Amazonia lady, 40's, seeks slender, passive/aggressive male who wont get in the way. Likes cats, dislikes spears. **Tel No: 0911 374 0222 Box No: 327416**

38YR old fun loving Leo, likes meals out, cinema, travel, walks, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 310774**

BUBBLY young 47yr old attractive single mum, Mediterranean looking, seeks sincere, loving, handsome male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 325698**

SINGLE mum 35 looking for fun and romance. **Tel No: 0911 374 0222 Box No: 237223**

FEMALE 25, lively, talkative, confident, likes gigs, meals out, pubs, days out, seeks male, 24-32 for friendship. **Tel No: 0911 374 0222 Box No: 322268**

WIDOW late 60's, 5ft 5ins, slim, fit, romantic, tactile, loving, likes theatre, walks, countryside, wildlife, rugby, seeks loving man for genuine relationship. **Tel No: 0911 374 0222 Box No: 325306**

ATTRACTIVE female, black/African origin, tall, genuine, fun, seeks male, 38-55 for love and friendship. **Tel No: 0911 374 0222 Box No: 322144**

GENUINE female, late 50's, young, smart, likes countryside, music, days out, nights in, seeks sincere, caring, romantic male, 55-60 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 258792**

HONEST caring, attractive female, 37, black, 5ft 2ins, likes nights in/out, seeks similar male, 37-45 for LTR. **Tel No: 0911 374 0222 Box No: 320296**

YOUNG 45yr old female, slim, dark hair, blue eyes, GSOH, likes motor bikes, rock music, travel, seeks similar male. **Tel No: 0911 374 0222 Box No: 300893**

MELANIE 44, single mum, easy-going, likes meals out, walks, cinema, bowling, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 318410**

47YR old petite female, smoker, likes reading, walks, animals, seeks male, 42-55 to share life with. **Tel No: 0911 374 0222 Box No: 305968**

54YR old lady, likes simple things, seeks loving, caring male, 50-55 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 315380**

ATTRACTIVE single mum 40, likes country walks, cosy nights in/out, seeks attractive male, 35-50 with GSOH for LTR. **Tel No: 0911 374 0222 Box No: 326166**

FEMALE young 60's, 5ft 6ins, attractive, blond, blue eyes, medium build, cuddly, warm, loving, N/S, GSOH, seeks loving, caring male, 50's-60's for friendship/relationship. **Tel No: 0911 374 0222 Box No: 314752**

SARAH 45, black, professional, curvy, likes countryside, cinema, theatre, travel, seeks sincere, mature male for LTR. **Tel No: 0911 374 0222 Box No: 288410**

MIKHAILA 43, 5ft 7ins, brown hair/eyes, buxom, likes reading, films, animals, seeks male with similar interests for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 313036**

BLONDE attractive female, 38, professional, confident, N/S, likes gym, sports, seeks likeminded male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 311866**

31YR old female, brown hair, blue eyes, curvy, likes most things, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 231706**

PRETTY curvy 33yr old female, GSOH, seeks big, burly, solvent male for nice times and fun. **Tel No: 0911 374 0222 Box No: 205232**

FEMALE late 40's, slim, brown eyes, 5ft 5ins, seeks fun loving, slim gent with GSOH, full head of hair for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 312602**

SINGLE mum, 38, 5ft 8ins, smoker, GSOH likes tattoos, seeks male, 39-45 for LTR. **Tel No: 0911 374 0222 Box No: 311450**

ATTRACTIVE 69yr old widow, 5ft 5ins, plump, attractive, well spoken, likes most things, seeks male for companionship. **Tel No: 0911 374 0222 Box No: 309882**

40YR old nice lady, N/S, GSOH, likes pubs, meals out, seeks genuine, kind, caring male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 309610**

PROFESSIONAL lady, 59, likes music, reading, walks, meals out, seeks nice, loving, N/S male for LTR. **Tel No: 0911 374 0222 Box No: 308434**

HONEST sincere, romantic 43yr old female, GSOH, attractive, 5ft 6ins, blonde hair, size 16, seeks similar male for LTR. **Tel No: 0911 374 0222 Box No: 307180**

SINCERE female, attractive, young 60's, N/S, GSOH, varied interests, seeks similar gent, 50-60's for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 306952**

35YR old single mum, black, seeks male, 43-47 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 302078**

FEMALE 46, N/S, attractive, seeks genuine, honest male up to 52 to enjoy life with. **Tel No: 0911 374 0222 Box No: 299302**

42YR old black female, divorced, 5ft 8ins, seeks outgoing, caring male, 45-50 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 295650**

HELEN 38, blonde hair, blue eyes, nice smile, varied interests, seeks male, 30-50 to share good times with. **Tel No: 0911 374 0222 Box No: 295212**

21YR old female, seeks male for fun times, maybe more. **Tel No: 0911 374 0222 Box No: 293312**

36YR old divorced female, GSOH, likes motor bikes, clubs, meals out, seeks male, 29-59 for romance and relationship. **Tel No: 0911 374 0222 Box No: 293228**

SARAH 45, black, professional, curvy, likes countryside, cinema, theatre, travel, seeks sincere, mature male for LTR. **Tel No: 0911 374 0222 Box No: 288410**

ATTRACTIVE petite, 61yr old female, likes pubs, cinema, walks, seeks caring male, 55-65 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 288282**

ATTRACTIVE blonde, early 40's, seeks funny, romantic, caring male, 38-48 to make her laugh and her day shine again. **Tel No: 0911 374 0222 Box No: 287388**

25YR old African female, 5ft 3ins, likes meals out, music, travel, seeks similar male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 287210**

32YR old single mum, seeks male, 28-34 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 285374**

MATURE black female, 48, seeks intelligent, mature English gent for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 282880**

FEMALE 40's, honest, genuine, loving, shy, seeks similar guy for nice times and company. **Tel No: 0911 374 0222 Box No: 282512**

63YR old divorced female, 5ft 7ins, likes cooking, music, meals out, seeks honest, caring male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 281828**

20YR old female, 5ft 6ins, black, attractive, GSOH, sincere, seeks male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 279460**

FEMALE 37, 5ft 7ins, medium build, black hair, blue eyes, GSOH, fun loving, seeks male, 37-45 for nights in/out, possible romance. **Tel No: 0911 374 0222 Box No: 272774**

KIRSTY 26, gun loving, bubbly, seeks similar male for fun and friendship, maybe more. **Tel No: 0911 374 0222 Box No: 262349**

PROFESSIONAL female, 42, no ties, seeks similar male for friendship/companionship. **Tel No: 0911 374 0222 Box No: 262280**

FEMALE seeks fun loving male for romantic times and nights out. **Tel No: 0911 374 0222 Box No: 261267**

FEMALE 36, 5ft 5ins, likes socialising, nights in/out, walks, seeks genuine, honest, caring male, 35-42 for LTR. **Tel No: 0911 374 0222 Box No: 260679**

ATTRACTIVE petite single mum, 37, seeks intelligent, handsome, caring male for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 259271**

SYLVIA 52, divorced, 5ft 6ins, medium build, brown hair, seeks similar aged, loving, affectionate, honest, trustworthy guy for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 259183**

YOUTHFUL 59yr old female, tall, slim, fit, active, seeks likeminded, caring male to share life with. **Tel No: 0911 374 0222 Box No: 258235**

ATTRACTIVE slim female, blonde, mid 40's, seeks attractive male with GSOH to look after and pamper. **Tel No: 0911 374 0222 Box No: 257879**

BUSTY brunette 25, single mum, likes music, comedy, films, seeks male, 28-40 for new adventures and LTR. **Tel No: 0911 374 0222 Box No: 256518**

GEORGIANA 60, widow, active, 5ft 4ins, slim, likes sports, music, meals out, walks, seeks gent, 67-74 with GSOH and similar interests. **Tel No: 0911 374 0222 Box No: 255405**

ATTRACTIVE dizzy blonde, early 40's, seeks funny, romantic, caring male, 36-47 to make her laugh. **Tel No: 0911 374 0222 Box No: 243260**

72YR old widow, active, caring, likes music, reading, seeks honest, caring male, 69-74 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 240765**

KIND caring female, 49, attractive, medium build, fun, affectionate, many interests, seeks loving male. **Tel No: 0911 374 0222 Box No: 239911**

MADELINE 48, smoker, 5ft 7ins, medium build, professional, likes dancing, nights out, seeks male with similar interests and a good personality. **Tel No: 0911 374 0222 Box No: 324342**

FUN loving 51yr old female, seeks tall, sincere male, 47-60 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 316910**

40YR old female, seeks Jonny Depp look-alike, alternatively a hunky stud with a GSOH. **Tel No: 0911 374 0222 Box No: 304700**

YOUNG looking female, 43, slim, caring, loyal, likes cinema, meals out, seeks male, 38-43 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 304156**

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TALL slim, romantic, honest guy, 39, seeks genuine female, 30-40. **Tel No: 0911 374 0222 Box No: 331702**

LONELY Scorpio male, 45, 5ft 10ins, N/S, likes music, nights in/out, seeks N/S female, 40-46 for LTR. **Tel No: 0911 374 0222 Box No: 331608**

STEVEN 40, uncomplicated, romantic, loyal, 5ft 6ins, blue eyes, blond hair, likes countryside, pubs, golf, seeks loving female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 330346**

WILL 23, attractive, likes nights out, rugby, seeks female for LTR. **Tel No: 0911 374 0222 Box No: 284804**

ATTRACTIVE male nurse, 38, 6ft 1ins, strong, medium build, honest, loving, seeks family minded female for LTR. Age/build unimportant. **Tel No: 0911 374 0222 Box No: 309930**

ROD 65, N/S, 6ft, brown eyes, OHAC, likes gardening, football, walks, theatre, meals out, holidays, seeks N/S lady, 60 plus for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 307532**

RICHARD 64, widower, 6ft, medium build, clean shaven, outgoing, trustworthy, reliable, seeks female, 55-65 for LTR. **Tel No: 0911 374 0222 Box No: 285436**

JOE 40, single dad, slim, 5ft 11ins, professional, seeks warm hearted, slim, special female, 25-45 for romantic evenings in/out. **Tel No: 0911 374 0222 Box No: 329570**

MALE 40, GSOH, 6ft 2ins, caring, fun, seeks female for relationship. **Tel No: 0911 374 0222 Box No: 328732**

MALE GSOH, 56, OHAC, N/S, likes drives, meals out, shows, seeks female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 330004**

WIDOWER seeks female, 55-60 with GSOH for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 327264**

RICK 26, N/S, likes nights out, pubs, seeks female no strings fun times. **Tel No: 0911 374 0222 Box No: 325302**

MALE 38, likes outdoor life, seeks country girl, 29-43. **Tel No: 0911 374 0222 Box No: 325016**

DIVORCED male, 50, slim, N/S, likes music, countryside, travel, seeks down to earth female, 25-45 for friendship/LTR. **Tel No: 0911 374 0222 Box No: 324710**

48YR old solvent, professional male, 5ft 9ins, fit, likes sports, clubs, theatre, seeks professional, slim female, 30-50 with similar interests. **Tel No: 0911 374 0222 Box No: 322556**

MALE 57, smoker, seeks female companion for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 322458**

STEPH 49, attractive, 5ft 9ins, N/S, GSOH, varied interests, easygoing, seeks 6ft male, 43-51 for fun, laughter, maybe more. **Tel No: 0911 374 0222 Box No: 298732**

ADAM 33, single dad, likes nights in/out, music, pubs, clubs, seeks female, 25-40 for love and romance. **Tel No: 0911 374 0222 Box No: 322226**

MALE 40, 5ft 9ins, medium build, blue eyes, blond hair, genuine, trustworthy, seeks female, 30-48 for romance and TLC. **Tel No: 0911 374 0222 Box No: 321490**

EASYGOING male, down to earth, 59, romantic, 5ft 8ins, slim, attractive, seeks similar female. **Tel No: 0911 374 0222 Box No: 320964**

36YR old black male, 6ft, good looking, professional, seeks female for fun times, maybe more. **Tel No: 0911 374 0222 Box No: 254456**

47YR old male, 5ft 10ins, medium build, likes countryside, walks, coast, seeks honest female up to 50 for fun and friendship, maybe more. **Tel No: 0911 374 0222 Box No: 320712**

MALE no ties, likes holidays, conversation, seeks attractive, presentable, caring lady to enjoy life with. **Tel No: 0911 374 0222 Box No: 320520**

MALE 45, likes meals out, nights in, sports, seeks female with similar interests for good times. **Tel No: 0911 374 0222 Box No: 264744**

PAUL 36, 5ft 9ins, large build, attractive, likes pubs, walks, seeks older female, 35-60 for fun times. **Tel No: 0911 374 0222 Box No: 320368**

MALE 6ft 2ins, GSOH, shy, seeks happy, honest female, 38-48 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 320336**

MALE 55, 5ft 8ins, smoker, honest, caring, trustworthy, solvent, likes nights in/out, holidays, seeks female 40-55 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 316934**

MALE 42, seeks adventurous, curvy, uninhibited female for discreet fun times. **Tel No: 0911 374 0222 Box No: 316818**

ANDY 48, faithful, honest, romantic, passionate, seeks soul mate. **Tel No: 0911 374 0222 Box No: 316464**

MALE 57, medium build, seeks homely female for days out and nights in. **Tel No: 0911 374 0222 Box No: 314656**

DIVORCED dad, 48, honest, romantic, passionate, likes camping, motor bikes, rallies, meals out, seeks female for loving relationship. Single mum welcome. **Tel No: 0911 374 0222 Box No: 314194**

MALE 40, tall, slim, romantic, likes cosy nights in/out, seeks female, any age to enjoy life and what the world has to offer. **Tel No: 0911 374 0222 Box No: 311066**

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47YR old biker, divorced, faithful, honest, romantic, passionate, likes nights in/out, cuddles, films, seeks female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 310588**

MALE 33, 5ft 10ins, medium build, brown eyes, dark hair, trustworthy, honest, seeks elegant, mature female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 310324**

47YR old easygoing, fun, honest male, GSOH, seeks nice lady for friendship, possible relationship. **Tel No: 0911 374 0222 Box No: 308802**

MALE 56, smoker, seeks companion for outings and possible LTR. Someone homely who enjoys the simple things. **Tel No: 0911 374 0222 Box No: 308344**

BEN 39, 5ft 11ins, brown eyes, self employed, seeks female/soul mate. **Tel No: 0911 374 0222 Box No: 305564**

MARK 48, widow, 6ft 4ins, likes reading, walks, music, seeks female, 38-48 for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 304310**

HANDSOME divorced, 6ft male, 60, medium build, GSOH, N/S, easygoing, seeks female, 45-60 for fun, laughter, maybe more. **Tel No: 0911 374 0222 Box No: 259351**

59YR old male, divorced, solvent, retired, likes gardening, walks, nights in, seeks honest female of similar age for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 258030**

FED up single dad, OHAC, slim, 5ft 11ins, seeks female for friendship, maybe more. **Tel No: 0911 374 0222 Box No: 251807**

SCOTT 32, 6ft 2ins, blue eyes, brown hair, likes meals out, socialising, films, seeks female for fun and friendship. **Tel No: 0911 374 0222 Box No: 247718**

friends-gay

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WEDNESDAY
August 6

BBC1

6.00 Breakfast (T) **9.15** Heir Hunters (T) **10.00** Escape to the Country (R/T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (T) **11.30** Cash in the Attic (T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (R/T) **1.00** BBC News (T) **1.30** Regional News and Weather (T) **1.50** Doctors (T) **2.50** BBC News (T) **3.00** CBBC **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News (T) **6.30** Regional News and Weather (T)

7.00 **The One Show** Adrian Chiles and Christine Bleakley present a magazine series. (T)
7.30 **My Family** (R/T)
7.57 **BBC News and Regional News** (T)
8.00 **Lost Land of the Jaguar** Series combining stunning wildlife with high octane adventure as a team of explorers search the depths of the last great unspoilt jungle on the planet. (T)
9.00 **Crimewatch Solved** The story of three extraordinary police cases cracked with help from Crimewatch viewers. (T)
10.00 **BBC News** The latest headlines. (T)
10.25 **Regional News and Weather** (T)
10.33 **BBC Weather** (T)
10.35 **The National Lottery Draws** (T)
10.45 **The Visit** (T)
11.15 **The Tudors** Lavish historical drama taking a fresh look at the life of Henry VIII. While Henry's clashes with the Catholic church worsen with his marriage plans opposed by the Pope, the King seeks to placate an impatient Anne Bolelyn, and a poisoning plot is put in motion. (T) (Followed by National Lottery Update)

12.10 Weatherview (T) **12.15** Sign Zone: Tribal Wives (R/T) **1.15** Who's Buying up Britain? (R/T) **1.45** DIY SOS (R/T) **2.15** Top Gear (R/T) **3.15** Francesco's Mediterranean Voyage (R/T) **3.45** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** Raven (R/T) **9.30** Adventure Florida (R/T) **10.00** Get 100 (R/T) **10.30** The Flintstones (R/T) **10.55** The Flintstones (R/T) **11.20 FILM: Space Camp** (1986) Science fiction adventure starring Lea Thompson, Tate Donovan, Kate Capshaw and Kelly Preston. (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Britain's Dream Homes (R/T) **2.30** Castle in the Country (T) **3.00** Murder, She Wrote (R/T) **3.45** Flog It! (T) **4.30** Put Your Money Where Your Mouth Is (R/T) **5.15** Cash in the Celebrity Attic (T) **6.00** Eggheads (R/T) **6.30** Battle of the Brains (T)

7.00 **Grow Your Own Veg!** Horticulturalist Carol Klein proves how easy it is to grow your own food, getting down to earth with root vegetables. (R/T)
7.30 **Des Lynam: Sport Mastermind** Des Lynam hosts a spin-off series of the classic quiz. Four contenders answer questions on a sports based specialist subject and on sporting general knowledge. (T)
8.00 **Francesco's Mediterranean Voyage** Francesco's first stop at the Greek islands is the beautiful but abandoned island of Spinalonga - just off the coast of Crete. (T)
8.30 **Francesco's Mediterranean Voyage** (T)
9.00 **House of Saddam** A series charting the rise and fall of one of the most significant political figures in recent history: Saddam Hussein. (T)
10.00 **Room 101** Paul Merton hosts the chat show in which guests are given the opportunity to rid the world of the things they hate. (R/T)
10.30 **Newsnight** (T) (Followed by Weather)
11.20 **Long Way Round** Ewan has a bad fall in a stream that damages his bike. (R/T)

12.20 Des Lynam: Sport Mastermind (R/T) **12.50** Season Ticket (R/T) **1.40** Joins BBC News (T) **3.45** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News (T) **11.20** Local News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.25** ITV Lunchtime News and Weather (T) **2.00** Dickinson's Real Deal (R/T) **3.00** Daily Cooks Challenge (T) (Followed by Local Weather) **4.00** Inspector Morse (R/T) **5.00** Golden Balls (R/T) **6.00** Local News and Weather (T) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Sam considers reporting Andy to the police. (T)
7.30 **Coronation Street** Teresa uses desperate measures to stay with Jerry. Bill tries to make things up with Audrey. Tony uses Rosie to wind up Kevin. (T)
8.00 **The Bill** Mel and Nate find a driver unconscious at the wheel of her car along with a twelve-year-old boy. Rachel and Mickey investigate a break-in at a jewellers. (T)
9.00 **Trinny & Susannah Undress the Nation** Trinny and Susannah are on a mission to take a group of ladies and show them the true beauty of their buttocks. (T)
10.00 **News at Ten and Weather** (T)
10.40 **Six Degrees** Ray decides to create a corporate headquarters for all his investments - which includes Whitney's company. While working on the decorations for the headquarters, Laura and Caseman seem to hit it off. (T)
11.40 **Katy Brand's Big Ass Show** Another chance to see Katy Brand's sketch show, featuring a host of new characters as well as her own inimitable take on everything from binge drinking to Kate Winslet. (T)

12.10 Bingo Night Live **1.10** Heist (R/T) (Followed By ITV News Headlines) **2.00** Loose Women (R) **2.50** The Jeremy Kyle Show (R/T) **3.45** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Everybody Loves Raymond (R/T) **7.30** Big Brother's Little Brother (T) **8.00** Big Brother (R/T) **9.00** T4: Friends (R/T) **9.30** Friends (R/T) **10.00** On The Beach (T) **10.15** Vodafone Tba 2008 Live: Sugababes (R/T) **10.45** Vodafone Tba Sidekick: The Hoosiers (T) **11.00** Beauty And The Geek (T) **12.00** News at Noon (T) **12.30** The Class (T) **12.55** Will & Grace (R/T) **1.20** Will & Grace (R/T) **1.45** Desperate Housewives (R/T) **2.35** Desperate Housewives (R/T) **3.25** A Place by the Sea (T) **4.30** Come Dine with Me (R/T) **5.00** Richard & Judy (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder: Bright New Wonders** A showcase of 15 new presenting voices as part of Channel 4's Generation Next season, which is designed to support and encourage new creative talent. (T)
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two couples with different budgets search for new homes. This week, Phil helps an internet entrepreneur and his wife find their dream one million pound home. (R/T)
9.00 **Big Brother** Today's highlights from the Big Brother house. (T)
10.00 **Dangerous Jobs For Girls** In this episode, three women travel to British Columbia to join a logging crew during the Canadian winter. (T)
11.05 **Tonightly** Comedy entertainment show presented by Jason Manford. A variety of new comic performers provide a daily dose of satirical news and comment. (T)
11.40 **4music: T-Mobile Transmission** (R/T)

12.40 4music: Road To V 2008 (T) **12.55** 4music: Beat Stevie (R/T) **1.10** Big Brother Live **4.25** St. Elsewhere (R/T) **5.10** Richard & Judy (R)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** Vets in Action (R/T) **12.30** five news (T) **12.45** House (R/T) **1.45** Neighbours (T) **2.15** Medical Investigation (T) **3.10** **FILM: Wedding Daze** (2004) Gentle comedy starring Kelly Overton, John Larroquette and Marina Black. (T) **5.00** Five News with Natasha Kaplinsky (T) **5.30** Neighbours (R/T) **6.00** Vets in Action (T)

7.00 **Five News with Natasha Kaplinsky** National and international news anchored by Natasha Kaplinsky. (T)
7.30 **Massive Speed** Documentary series in which Chris Barrie examines the evolution of machines designed for speed. (R/T) (Followed by five news update)
8.00 **Britain's Strongest Man (New)** Athletes from England, Scotland and Wales compete across a range of disciplines in the first round of Britain's Strongest Man 2008. Presented by Martin Bayfield, with commentary from Nick Halling and Colin Bryce. (T) (Followed by five news at 9)
9.00 **FILM: The Belly of the Beast** (2003) An ex-CIA agent's quest to find his kidnapped daughter leads him on a trail of political intrigue, corruption and danger. Action drama, starring Steven Seagal, Byron Mann and Tom Wu, Monica Lo. (T)
10.55 **CCTV Cities** Series revealing real-life footage of urban crime, presented by Donal MacIntyre. (R/T)
11.55 **PartyPoker.com World Open IV** Poker action. Seventy-two of the world's best players fight it out for a slice of the $576,000 prize fund - with $250,000 going to the winner. Tonight's heat will decide another semi-final place.

1.25 Major League Baseball **4.45** ETU Triathlon **5.10** Everybody Hates Chris (R/T) **5.35** Neighbours (R/T)

SATELLITE

SKY ONE

6.00am The Dog Whisperer **7.00** Brainiac: Science Abuse **8.00** Zoo Vet at Large **8.30** Zoo Vet at Large **9.00** Malcolm in the Middle **9.30** Malcolm in the Middle **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Relic Hunter **2.00** Stargate SG-1 **3.00** Stargate SG-1 **4.00** Stargate Atlantis **5.00** Malcolm in the Middle **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** Don't Forget The Lyrics **9.00 FILM:** Lethal Weapon 2 **11.15** Inside: Alaska'S Toughest Prison **12.15am** Road Wars **1.15** Street Wars **2.05** Weeds **2.40** Uncut! Reps In Ibiza **3.30** Brainiac: Science Abuse **4.20** Road Wars **4.45** America's Dumbest Criminals **5.10** Guilty!

ITV2

6.00am Emmerdale: Behind Closed Doors **7.05** The Montel Williams Show **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Emmerdale: Behind Closed Doors **10.30** Judge Judy **11.00** Judge Judy **11.30** Airline **12.00pm** Emmerdale: Behind Closed Doors **1.00** Airline USA **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.20** The Montel Williams Show **6.05** Judge Judy **6.35** Judge Judy **7.00** Smallville **8.00** Lose 30 Stone or Die **9.00** **FILM:** Unbreakable **11.05** Coronation Street **11.35 FILM:** Mission: Impossible II **1.55am** Teleshopping **4.55** ITV2 Nightscreen

BBC3

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** Make My Body Younger **9.00 FILM:** Herbie: Fully Loaded **10.30** Family Guy **10.55** Family Guy **11.20** Make My Body Younger **12.20am** Touch Me, I'm Karen Taylor **12.50** Snog Marry Avoid? **1.20** I'm Kylie's Body Double **2.15** Jamelia: Whose Hair Is It Anyway? **3.15** Touch Me, I'm Karen Taylor **3.45** Britain's Missing Top Model: What Happened Next **4.45** Close

BBC4

7.00pm World News Today **7.30** Pop Go the Sixties **7.35** Batman **8.00** Sahara with Michael Palin **9.00** The Thirties in Colour **10.00** The Burning Season: Storyville **11.20** Coal House **11.50** The Man Who Walked Across the World **12.50am** The Thirties in Colour **1.50** The Burning Season: Storyville **3.10** The Thirties in Colour **4.10** Close

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MUSIC REVIEWS

KEEP IT SIMPLE

Delays

ON the face of it, the Delays have a lot in common with the Feeling and the Scissor Sisters. Both of them produce fairly cheerful melodic middle-of-the-road pop tunes, but where the other two have had Number One albums and singles glued to radio playlists across the land, the Delays have missed out.

If you ask me, somebody somewhere has made a terrible mistake.

There's no doubt that the Delays have a habit of coming up with feel-good melodies designed to keep everyone happy, but when they do it there's no gimmicks.

Other bands have their songs overworked and over-produced until all the rough edges have been sanded away, but this lot do their songs, decide that what they've got will do nicely and then leave it alone.

If there's an acceptable face of radio-friendly music, then this surely must be it. It saunters along for nearly four minutes, jangly guitars well to the fore, but where you'd normally expect falsetto singing or even worse (something that sounds like Keane, for instance) it's business as usual from start to finish. There is a piano, but you'll barely notice it so don't let that put you off.

Do you know something, it's nice to hear a song that actually lives up to its title.

WE CARRY ON

Portishead

I SAID this was good when Third came out, and it's nice to discover that somebody at their record label agrees because here it is as a single. I won't take the credit for persuading Universal to release it, because as far as I know neither of my readers work that high up in the music industry.

Judging by the somewhat less than stunning performance of their last two singles in the Nation's Favourite Chart TM I don't really fancy this one's chances, but that's not really the point. After all, if you value chart positions above the quality of the song you really ought to have a word with yourself.

So, here's why I like this song so much – it feels like a rough edit rather than the finished article, but somehow I get the feeling that if they had polished it up just a little more it wouldn't sound anywhere near as good.

The song's strewn with little moments that make you wonder if they left them in by mistake. For example, there's the incessant beeping that stops, then restarts almost immediately as if it was stopped just a shade too early, and then cuts out abruptly just before Beth Gibbons starts singing. Just before the chorus it cuts in again, and just after the chorus it's accompanied by a guitar that sounds like it was picked up in a Bring and Buy sale for 20p. The guitar pops up here and there, but the beeping appears seemingly at random throughout the running time.

On top of that, the song occasionally decides it's not a Portishead song after all, it's actually something that didn't quite make it onto New Order's Movement album instead, so in come the guitars and the drums (and the echoey sound effects) for a while before it decides to go back to being Portishead again.

Towards the end, it changes its mind yet again, so back comes the Martin Hannett Wall Of Sound. You give most bands that little lot to work with and they wouldn't have a clue where to start. That Portishead have managed to create a song at all out of that is impressive enough, that it's one of the best songs they've ever done is even more so.

You're not dealing with amateurs here, you know.

SIMON DARNELL

FILM REVIEWS

Odeon 0871 2244 007 Cineworld 0871 200 2000

Flying tonight: Brendan Fraser and Jet Li in THE MUMMY: TOMB OF THE DRAGON EMPEROR

THE MUMMY: TOMB OF THE DRAGON EMPEROR

Michelle Yeoh, Maria Bello, Brendan Fraser, John Hannah, Luke Ford, Anthony Wong Chau-Sang, Albert Kwan, Jet Li

From Friday

IT'S 1947, and retired adventurers Rick O'Connell (Fraser) and his wife Evelyn (Bello) are summoned to China for one last job. But things get complicated when they turn up to find that their archaeologist son, Alex (Ford), has found the mummified remains of Emperor Han (Li), a despot who wished to rule the world. And when he is resurrected, the O'Connells have to save the day

TROPIC THUNDER

Justin Theroux, Ben Stiller, Robert Downey Jr, Jay Baruchel

From Friday

A GROUP of actors undergo boot camp training for a war film, only to find that their 'set' has become a bona fide war zone.

VALKYRIE

Tom Cruise, Kenneth Branagh, Patrick Wilson, Bill Nighy, Stephen Fry, Tom Wilkinson, Eddie Izzard, Christian Berkel, Thomas Kretschmann, Carice van Houten

From Friday

SET during the Second World War and based on actual events, Claus Schenk Von Stauffenberg (Cruise) and General Friedrich Olbricht (Brannagh) lead a plot to assassinate Adolf Hitler...

THE FOX AND THE CHILD

Bertille Noll-Bruneau, Thomas Laliberte, Kate Winslet

From Friday

COMBINING documentary footage with fiction, the film focuses on a young girl and her friendship with a fox. An adult narrator will tell the tale as a memoir of her childhood.

THE LOVE GURU (12A)

Jessica Alba, Justin Timberlake, Ben Kingsley, Meagan Good, Verne Troyer, Romany Malco, Mike Myers

From Friday

PITKA (Myers) is America's second-greatest New Age self-help guru. Dreaming of a spot on the Oprah show, he accepts a gig to rescue an ice hockey star and his team's fortunes.

THE X-FILES: I WANT TO BELIEVE

David Duchovny, Gillian Anderson

From Friday

MULDER and Scully return for more sci-fi shenanigans. See our review.

MARRIED LIFE

Pierce Brosnan, Patricia Clarkson, Chris Cooper, Rachel McAdams,

From Friday

HARRY Allen (Cooper) is in love with Kay (McAdams), but can't bear to break his wife Pat's (Clarkson) heart. Harry confides his dilemma to friend Richard (Brosnan), and then develops a radical solution to the problem.

WILD CHILD

Emma Roberts, Nick Frost, Natasha Richardson

From Friday

A REBELLIOUS Malibu princess is shipped off to a strict English boarding school by her father.

THE DARK KNIGHT (12A)

Christian Bale, Michael Caine, Morgan Freeman, Heath Ledger, Gary Oldman

Now showing

BATMAN (Bale) hopes to hang up his cape and hand over crime-fighting duties to DA Harvey Dent (Eckhart). But the arrival of The Joker (Ledger) forces him to question everything he stands for.

ANGUS, THONGS AND PERFECT SNOGGING

Georgia Groome, Eleanor Tomlinson, Karen Taylor, Alan Davies, Aaron Johnson, Sean Bourke

Now showing

SHACKED up with her snooping parents, Georgia Nicolson (Groome) is a typically insecure14 year-old who wants to grow up, and fast. When new boy Robbie (Johnson) moves to her south coast school, she falls in love - but its path never did run smooth...

BABY MAMA (12A)

Tina Fey, Amy Poehler, Dax Shepard, Erica Berg, Greg Kinnear, Sigourney Weaver

Now showing

TOLD that she cannot have children, successful health food executive Kate (Fey) employs a surrogate in the form of mouthy white trash Angie (Poehler). When Angie moves into Kate's apartment, the road to motherhood proves very bumpy.

WALL-E (U)

Ben Burtt, Sigourney Weaver, Jeff Garlin, Kathy Najimy

Now showing

HUMANS have abandoned Earth, leaving a fleet of robots to clear up their mess. The only robot remaining is WALL-E (Burtt), who has developed a fascination with our rubbish. That fascination finds a new target when shapely super-robot EVE (Weaver) touches down.

COMPETITION

MK NEWS has teamed up with Cineworld at the Xscape to offer readers the chance to win a pair of tickets to see the film of their choice. We have two pairs to give-away.

Just tell us who plays Emperor Han in The Mummy: Tomb of the Dragon Emperor?

Answers by e-mail to competitions@mk-news.co.uk please include your name, address and daytime telephone number.

Closing date Tuesday, August 11.

FILM REVIEW

THINGS are getting strange I'm starting to worry – this could be a mediocre film about Mulder and Scully.

Although this does depend on what kind of spookiness you're into.

I always liked the X Files when it was doing the scary alien stuff, which there was plenty of in the old film.

This time round it's Billy Connolly being a creepy priest and not an alien to be seen. With Indiana Jones I got aliens and didn't ask for them and now with the X Files I'm not allowed them. Such is the life of this frustrated reviewer.

I almost wish I'd been to see the Love Guru now… almost.

It's not a bad effort and if it were one of the TV episodes it would be ok, but it doesn't really need big screen treatment.

The two leads are still good value. Scully is still frosty and sexy and Mulder is still suitably sulky and bedraggled and they've still got the chemistry thing going on too.

That said, go and see Wall- E instead and wait until this comes out on dvd.

look at me, look at me, look at me

Ever fancied being on TV? Then get yourself over to rabbit - a great new chat and date service on Freeview channel 102.Text your TV or send a picture message to start having a friendly chat and join thousands of people already 'rabbiting' away.

And to get you started we're giving away 3 free messages* Simply text your message to 88456 starting with the code YM1

rabbit Chat & Date TV

* applies to text to screen messages only • standard network charges apply • normal charges (50p per sms) will apply after free credits are used • all messages are moderated • on-air 11am - 4am • see Freeview channel 102 or www.rabbit-tv.com for full T&Cs and pricing

THURSDAY
August 7

BBC1

6.00 Breakfast (T) **9.15** Heir Hunters (T) **10.00** Escape to the Country (R/T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (T) **11.30** Cash in the Attic (T) (Followed by BBC News; Weather) **12.15** Bargain Hunt (R/T) **1.00** BBC News (T) **1.30** Regional News and Weather (T) **1.45** Doctors (T) **2.15** Step Up to the Plate (T) **3.00** BBC News (T) **3.05** CBBC **4.35** Blue Peter (T) **5.00** Newsround (T) **5.15** The Weakest Link (T) **6.00** BBC News (T) **6.30** Regional News and Weather (T)

7.00 **The One Show** (T)
7.30 **EastEnders** Archie becomes the hero of the day, but is everyone happy? (T)
8.30 **Rogue Restaurants** The team exposes the restaurant managers who risk two years in jail by knowingly employing illegal immigrants and exploiting them. (T)
9.00 **The Making of Me** In the final episode of this ground-breaking science series, internationally famous violinist Vanessa Mae asks scientists one big question: what made me the way I am? (T)
10.00 **BBC News** The latest headlines. (T)
10.25 **Regional News and Weather** (T)
10.33 **BBC Weather** (T)
10.35 **Kizzy: Mum at 14** Documentary centred around teenager Kizzy Neal, who became pregnant to a 13-year-old boy who left town when he heard the news. (T)
11.35 **FILM: Earthquake** (1974) Star-studded disaster epic about a series of devastating tremors that causes havoc in Los Angeles, perched precariously on the San Andreas Fault. Starring Charlton Heston. (T)

1.35 Weatherview (T) **1.40** Sign Zone: Panorama (R/T) **2.10** River Police (R/T) **2.40** Countryfile (R/T) **3.35** Celebrity MasterChef (R/T) **4.05** Francesco's Mediterranean Voyage (R/T) **4.35** Joins BBC News (T)

BBC2

6.00 CBeebies **7.00** CBBC **10.30 FILM: Duck Tales - The Movie: Treasure of the Lost Lamp** (1990) (T) **11.40 FILM: A Boy Named Charlie Brown** (1969) (T) **1.00** Out Of The Blue (T) **1.30** Britain's Dream Homes (T) **2.30** Castle in the Country (T) **3.00** Murder, She Wrote (T) **3.45** Flog It! (T) **4.30** Put Your Money Where Your Mouth Is (R/T) **5.15** Cash in the Celebrity Attic (T) **6.00** Eggheads (R/T) **6.30** Battle of the Brains (T)

7.00 **Return to... Holiday Reps (New)** Looking back at the sun, sea and romance of 1997's Holiday Reps. What happened to the girls who were filmed? Did they enjoy their 15 minutes of fame, or regret their candid camera moments? (T)
7.30 **Return to... Holiday Reps** (T)
8.00 **A Turtle's Guide to the Pacific** A loggerhead turtle journeys across the Pacific, meeting dolphins and whales, sharks and giant squids, and typhoons and fishermen along the way. (T)
8.50 **Wild** Coral reefs are like underwater gardens, but who would have thought you can garden them just the same? (R/T)
9.00 **Mock the Week** Two teams of comedians take a satirical swipe at the news and world events. (T)
9.30 **Lab Rats** Can the Lab Rats stay up for seven nights in a secret underground government facility without killing each other? (T)
10.00 **Never Mind the Buzzcocks** (R/T)
10.30 **Newsnight** (T)
11.20 **The Culture Show Uncut** Verity Sharp gets access to rock behemoths Metallica. She joins the band in Bergen and interviews lead singer James Hetfield and Lars Ulrich. (T)

12.05 Two Pints of Lager and a Packet of Crisps (R/T) **12.35** How I Met Your Mother (R/T) **1.20** Joins BBC News (T) **4.35** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News (T) **11.20** Local News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.25** ITV Lunchtime News and Weather (T) **2.00** Dickinson's Real Deal (R/T) **3.00** Daily Cooks Challenge (T) **4.00** Inspector Morse (R/T) **5.00** Golden Balls (R/T) **6.00** Local News and Weather (T) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** In hospital, Jo tries to cover up how she got hurt. Jimmy accuses Debbie of being behind the van theft. (T)
7.30 **Coastal Ways** (T)
8.00 **The Bill** Rachel and Nate find a woman, Paula Merrick, unconscious in an alleyway. At the hospital, she reveals to Samantha and Banksy that she had been out the previous night and had been flirting with male stripper Tom Norris, and had gone home with him. (T)
9.00 **Harley Street** It's 'golden week' for Ekkow - how can anything possibly go wrong? (T)
10.00 **News at Ten and Weather** (T)
10.40 **Sky High** This edition includes sites and landmarks around Felixstowe, Ipswich, Bury St Edmunds, Newmarket, Cambridge, Huntington, and Kettering. (T)
11.10 **Coastal Kitchen with Chris Coubrough** Kiwi masterchef Chris Coubrough searches all along the east coast for regional delicacies in great locations, and meets some fascinating characters along the way. (R/T)
11.40 **Bouncers** A group of bouncers from Batley's Frontier club in Blackpool go out on the lash together, but are they any better than the punters they throw out of their club? (R/T)

12.10 Bingo Night Live **1.15** Motorsport UK (T) **1.40** Heist (R/T) **2.25** Loose Women (R) **3.20** The Jeremy Kyle Show (R/T) **4.10** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Everybody Loves Raymond (R/T) **7.25** Big Brother's Little Brother (T) **7.55** Big Brother (R/T) **8.55** T4: Friends (R/T) **9.30** Friends (R/T) **10.00** On The Beach (T) **10.15** Vodafone Tba 2008 Live: The Hoosiers (R/T) **10.45** Vodafone Tba Sidekick: The Feeling (T) **11.00** Beauty And The Geek (T) **12.00** News at Noon (T) **12.30** The Class (T) **12.55** Will & Grace (R/T) **1.20** Will & Grace (R/T) **1.45** Desperate Housewives (R/T) **2.35** Desperate Housewives (R/T) **3.30** A Place by the Sea (T) **4.30** Come Dine with Me (R/T) **5.00** Richard & Judy (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.55 **3 Minute Wonder: Bright New Wonders** (T)
8.00 **Gok's Fashion Fix** The high end versus high street showdown continues with Gok working on a budget of just £800 to create four glamorous outfits. (T)
9.00 **Big Brother** Today's highlights from the Big Brother house. (T)
10.00 **The Charlotte Church Show** Charlotte hosts a mix of celebrity guests, hidden camera stunts, comedy sketches and top music acts. (T)
10.45 **My Name is Earl** Earl and Billie are having trouble getting along, so Earl tries to discover the reason why karma brought them together. (T)
11.15 **Tonightly** Comedy entertainment show presented by Jason Manford. (T)
11.45 **The Kevin Bishop Show** The impressionist presents a fast-paced sketch show featuring spoofs of celebrities. (R/T)

12.15 4music: Ibiza Rocks (T) **12.50** 4music: Road To V 2008 (R/T) **1.05** Big Brother Live **3.25 FILM: The Education of Little Tree** (1997) Drama starring James Cromwell, Tantoo Cardinal and Joseph Ashton. (T) **5.20** St. Elsewhere (R)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** Vets in Action (R/T) **12.30** five news (T) **12.45** House (R/T) **1.45** Neighbours (T) **2.15** Medical Investigation (T) **3.10 FILM: Vanished without a Trace** (1998) Crime drama starring Shelley Long, William R Moses and Jennifer Jostyn. (T) **5.00** Five News with Natasha Kaplinsky (T) **5.30** Neighbours (R/T) **6.00** Vets in Action (T)

7.00 **Five News with Natasha Kaplinsky** National and international news anchored by Natasha Kaplinsky. (T)
7.15 **Cricket on five** Mark Nicholas presents highlights from the first day of the fourth npower Test match between England and South Africa at the Brit Oval. (T) (Followed by five news update)
8.00 **Hannibal of the Alps** Documentary telling the story of how Hannibal, one of the greatest commanders of all time, brought Rome to its knees and transformed the western world. (R/T)
9.00 **The Hotel Inspector** Series in which failing hotels and bed and breakfast establishments are reformed. (T)
10.00 **Grey's Anatomy** The chairman of the hospital board is admitted with an embarrassing problem. (T)
11.00 **My Strange Brain** Documentary series exploring unusual neurological conditions. This instalment features the stories of people who have lost their sense of personal identity. Including a West Midlands native who started speaking English with a European accent; a woman whose hand has a mind of its own; and a man who has an overwhelming desire to have his leg amputated. (T)

12.00 Quiz Call **4.00** Major League Soccer **4.45** Nick's Quest (R/T) **5.10** Everybody Hates Chris (R/T) **5.35** Neighbours (R/T)

SATELLITE

SKY ONE
6.00am The Dog Whisperer **7.00** Brainiac: Science Abuse **8.00** Zoo Vet at Large **8.30** Zoo Vet at Large **9.00** Malcolm in the Middle **9.30** Malcolm in the Middle **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Relic Hunter **2.00** Stargate SG-1 **3.00** Stargate SG-1 **4.00** Stargate Atlantis **5.00** Malcolm in the Middle **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Bones **10.00** Diary of a Mail Order Bride **11.00** Road Wars **12.00am** Road Wars **1.00** Street Wars **1.50** Weeds **2.25** Uncut! Reps In Ibiza **3.20** Brainiac: Science Abuse **4.15** Relic Hunter **5.10** Guilty!

ITV2
6.00am Coronation Street **6.30** Emmerdale **7.05** The Montel Williams Show **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.00** Emmerdale **10.30** Judge Judy **11.00** Judge Judy **11.30** Airline **12.00pm** Coronation Street **12.30** Emmerdale **1.00** Airline USA **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show. I'm Not Your Stalker... I Just Want You Out of My Family's Life! **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.20** The Montel Williams Show **6.05** Judge Judy **6.35** Judge Judy **7.00** Smallville **8.00** Trinny & Susannah Undress the Nation **9.00 FILM:** Mission: Impossible II **11.20** Secret Diary of a Call Girl **11.55** Secret Diary of a Call Girl **12.25am** Call Girls: The Truth **1.25** 101 Sexiest Celebrity Bodies **2.10** Teleshopping **5.10** ITV2 Nightscreen

BBC3
7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** The Real Hustle **8.30** Britain's Missing Top Model: What Happened Next **9.30** Snog Marry Avoid? **10.00** EastEnders **11.00** Touch Me, I'm Karen Taylor **11.30** Family Guy **11.55** Family Guy **12.15am** Britain's Missing Top Model: What Happened Next **1.15** Snog Marry Avoid? **1.45** Touch Me, I'm Karen Taylor **2.15** The Real Hustle **2.45** Make My Body Younger **3.40** When Beauty Goes Wrong **4.40** Doctor Who Confidential **4.55** Close

BBC4
7.00pm World News Today **7.30** Born to be Wild **8.00** The Way We Travelled **9.00** Travellers' Century **10.00** Journeys into the Ring of Fire **11.00** BBC Four Sessions **12.00am** Born to be Wild **12.30** Travellers' Century **1.30** Journeys into the Ring of Fire **2.30** Born to be Wild **3.00** Travellers' Century **4.00** Close

CLUBS AND PUBS

OCEANA
Xscape 670976
THE city's biggest nightclub is undergoing a multi-million pound refubishment. Set to open late August, the refurbishment will create a new VIP lounge, VIP suites and booths. Due to the refurbishment, Oceana is currently restricted to Oceana Bar and New York Disco. Student night on Mondays. Dress code is smart casual.

THE LIVING ROOM
thehub:mk 608643
UPMARKET restaurant and piano bar with an outdoor terrace overlooking the central piazza. Food from midday until late.Each evening one of The Living Room's resident musician's perform live on a baby grand.

REVOLUTION
Xscape 679875
VODKA cocktail bar. Monday Madness: Indie to beat driven house. Tuesday: Two-for-one on 56 cocktails. Wednesday: What the funk? - Soul, funk and house. Thursday: Vanity - Indie, rock and hip hop upstairs. Friday: Deep house, electro and Ibiza anthems with different promoters each week. Saturday: I Love Vodka - funky commercial house. Sunday: Acoustic sessions. Dress code smart casual.

OPUS
Theatre District john@opusmk.com
A BOUTIQUE bar with live DJs playing over two floors. Monday: I love 80s and 90s .Wednesday: Kiss Kiss Bang Bang alternative night. Thursday: Honey Trap - RnB and funky house. Fridays and Saturdays: Chart and funky house. Sunday: Salsa. Dresscasual cool. Food until 9pm. Cocktails. Two for one offer on Tuesday nights.

LLOYDS NO.1
Theatre District 558905
POPULAR bar on two levels with a large dance floor and giant disco ball. DJs play into the early hours at weekends. Free entry. Drinks and food are reasonably priced.

BUDDHA BLUE
Theatre District info@buddhablue.co.uk
DJs spin RnB tunes into the early hours. Dress code is smart.

SHOUT
Station Square 233430
FRIDAY and Saturday party until 2pm. Entry is £18 on the door - but for that you can drink all you want. Monday: Sabotage - student rock night, cheap drinks 9pm-2am. Entry £2.

MOOD
Xscape 251060
DANCE and chart music until 3am on Fridays and Saturdays - small entry fee before 10pm. Upfront house, dance, chart and RnB.

FIRST BASE
Xscape 295222
SPORTS bar with regular DJs and live bands at the weekend, pool tables, and a big screen TV for matches. Casual dress and food is available.

SLUG AND LETTUCE
Theatre District 395147
BAR that offers wide range of bottled and drought beers from around the world, quality wines and classic cocktails. Outdoor seating.

ALL BAR ONE
Midsummer Boulevard 397216
COSMOPOLITAN bar aimed at people who enjoy great drinks and food in a contemporary environment.

FOX & HOUNDS
Stony Stratford 563307
PUB showcasing live bands on some nights.

THE SONG LOFT
Stony Stratford 566407
FOLK and country music special on alternate Friday nights. Dress as you please.

THE PLOUGH
Water Eaton 373118
PUB with a late licence and live rock bands on Saturdays.

THE CANNON
Newport Pagnell 211495
PUB with open mic night every Thursday. Free entry. To play just turn up with your instrument.

CRAUFORD ARMS
Wolverton 313864
Friday: Yashin, Rise Inside, The Ocean Between and The Midas Touch – followed by a smoke and strobe party. £4. Doors 7.30pm.

THE CAUFORD ARMS, WOLVERTON 313864

YASHIN
Supports:
Rise Inside
This Ocean Between
The Midas Touch
Friday, August 8. £4. Doors 7.30pm.

Get down to the Crauford Arms in Wolverton for some quality live music.

Underpass Promotions have been enjoying a successful run of Friday night showcases of late and the word is spreading.

Headliners this week are one of the hottest bands to be found on myspace. Yashin are a five piece melodic screamo band from Glasgow and have featured on the same bill as the likes of Lost Prophets and Aiden.

The gig also sees the return of Rise Inside, who will be the main support for the night.

The band, which has undergone a line up change they are promosing to comeback with bigger and more mature sounding material.

This Ocean Between will also be performing, playing epic yet upbeat and poppy screamo music.

This is sure to be a lively and energetic 30 minute set .

Corby band The Midas Touch kick proceedings off with their blend of hardcore punk.

The doors open at 7.30pm with the first band on stage at 8pm. Tickets a mere £4.

The live bands are followed by a smoke and strobe party.

Rise Inside

THE PITZ 660392

THE BAND BLITZ COMPETITION 2008
Friday, August 8

IN its 10th and final year The Pitz Band Blitz burts into its second week with a line-up of top local bands set to hit the stage.

Friday's competitors are the four piece indie rock band Stanislav, pictured right, have just finished their Pantheism & Poetry LP and are no stangers to the Pitz.

They are up against the screamo rock metal of Februa who are hotfoot from Wales where they have been recording their debut album This Time It Won't Be Forever.

Meggidddo are third band for the night. Formed in late 07, primarily as an attempt to introduce improvisation into the realm of avantgarde metal and coming up with a post metal doom sound.

To complete the evening's entertainment are Buicke McKane named after Marc Bolan song they are a very accumplished and very loud alternative indie new wave two piece outfit.

Otherheats to come over the next few weeks are.

HEAT 3
Friday, August 15
TEMPLES BURNING (metal)
SOVRIN (indie/rock)
TAYLORMADE (punk rock)
ACACIA CLOSE (screamo/tech metal)

HEAT 4
Friday, August 22
STONEBROKE (rock)
TOMBSTONE BULLETS (alt/rock)
THE VISION (indie/ alt/rock)
RUSTY G'S (rock)

HEAT 5
Friday, August 29
AFTER THIS PLAGUE (deathmetal/hardcore)
ZEITGEIST (alt/metal)
ALTERSKETCH†(alt rock)
INCENDIA (modern rock)

One band from each heat goes into the Grand Final on Friday, September 12. Tickets £5.50. Doors 7.30pm.

WESTBURY FARM STUDIOS

AN exhibition to highlight the work of adults with learning difficulties was held in Milton Keynes last week.

The event was opened at a preview evening on Wednesday by Milton Keynes Mayor Jan Lloyd at Westbury Farm Studios, Shenley Wood.

More than 15 pieces of art created by adults with learning difficulties ranging from Autism to Dyslexia were on display at the first ever three day exhibition run by the Tower Drive Day Centre.

The artists had been working on the pieces over the past two years and none of the displayed work had been seen before.

The work had been professionally framed to reflect the very high standard achieved by the artists.

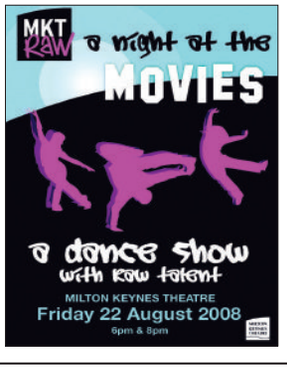
Maryanne Halson-Barlow, senior community access worker at Tower Drive Day Centre, said: "We were delighted to see so many people at the exhibition and received lots of positive feedback about the work.

"In fact we have already sold almost 50 per cent of the pieces on display.

"We are very proud of the artists and their achievements and hope to build on this success with future exhibitions."

Mayor Jan Lloyd with one of the artists

MK THEATRE BOX OFFICE 0870 060 6652



MKT RAW 2008: A NIGHT AT THE MOVIES
A Dance Show with Raw Talent
Friday 22-August, 6. 8pm

DON'T miss this year's must see Summer Blockbuster!

See how film has inspired dancers from across our region as they present the spectacular dance show MKT

With one multi award-winning artistic director, three highly skilled Street, Jazz and Contemporary choreographers and 75 dancers aged 13-19 years,

This action-packed show is set to impress.?

Over two weeks, artistic director and street dance choreographer Andy Instone, alongside contemporary choreographer Helen Parlor and jazz choreographer Nikki O'Hara will each work with a group of young dancers who auditioned earlier in the year to take part in the theatre's excitingly creative and productive annual summer dance project.

MY BRILLIANT DIVORCE
August 27-30

WHEN Angela Lipsky's husband has a mid-life crisis and a mid European affair, she finds herself adrift in a sea of shifty solicitors, a disapproving mother, a series of helpline counsellors and Christmas all on her own.

Starring as Angela is award winning comedienne Dillie Keane best know an founder member of the comedy caberet trio Fascinating Aida.

BOOGIE PETE LIVE!
August 28-30

ARE you ready to boogie with Pete from CBeebies Boogie Beebies. The much loved Pete Hillier will take to the stage this summer with his new show. Join Pete as he shows you some moves, some magic and some silliness in this fun packed show.

look at me, look at me, look at me
Ever fancied being on TV? Then get yourself over to rabbit - a great new chat and date service on Freeview channel 102.Text your TV or send a picture message to start having a friendly chat and join thousands of people already 'rabbiting' away.
And to get you started we're giving away 3 free messages* Simply text your message to 88456 starting with the code YM1
rabbit Chat & Date TV
* applies to text to screen messages only • standard network charges apply • normal charges (50p per sms) will apply after free credits are used • all messages are moderated • on-air 11am - 4am • see Freeview channel 102 or www.rabbit-tv.com for full T&Cs and pricing

FRIDAY
August 8

BBC1

6.00 Breakfast (T) **9.15** Heir Hunters (T) **10.00** Escape to the Country (R/T) (Followed by BBC News; Weather) **11.00** Homes under the Hammer (T) **11.30** Cash in the Attic (T) (Followed by BBC News; Weather) **12.00** BBC News (T) **12.30** Regional News and Weather (T) **12.45** Opening Ceremony: Beijing 2008 (T) **4.45** Flog It! (T) **5.15** The Weakest Link (T) **6.00** BBC News (T) **6.30** Regional News and Weather (T)

7.00 **The Games Today** Gabby Logan presents highlights from the opening ceremony of the Beijing Olympics, and provides a rundown of all the athletes to watch over the next two weeks. (T)
7.57 **BBC News and Regional News** (T)
8.00 **EastEnders** Dot is adamant that she cannot face Jim coming home for his birthday. (T)
8.30 **DIY SOS** Nick Knowles and the DIY SOS team are in Surrey to re-haul a river barge. (T)
9.00 **Would I Lie to You?** Comedy panel show hosted by Angus Deayton with team captains David Mitchell and Lee Mack. (T)
9.30 **The Armstrong and Miller Show** (T)
10.00 **BBC News** (T)
10.25 **Regional News and Weather**
10.33 **BBC Weather** (T)
10.35 **Comedy Connections** A look at Ripping Yarns, Michael Palin and Terry Jones's post-Python parody of pre-war Boys' Own adventure comics. (T)
11.15 **National Lottery Euromillions Draw** (T)
11.20 **FILM: The Jackal** (1997) Violent action thriller about the FBI's attempts to catch a deadly master of disguise who has been hired by a Russian mafia boss to kill a top figure in the US government. Stars Bruce Willis. (T)

1.20 Weatherview (T) **1.25** Sign Zone: Rogue Restaurants (R/T) **1.55** Olympics 2008 (T)

BBC2

6.00 CBeebies **7.00** CBBC **10.30 FILM: An American Tail: The Mystery of the Night Monster** (2000) Family drama starring Thomas Dekker, Susan Boyd and Robert Hayes. (T) **11.40 FILM: When Zachary Beaver Came to Town** (2003) Family drama, starring Kathleen Lancaster, Cody Linley and Eric Stoltz. (T) **1.00** Out Of The Blue (T) **1.25** Coast (R/T) **1.30** Open Gardens (R/T) **2.00** Castle in the Country (R/T) **2.30** Castle in the Country (T) **3.05** CBBC **5.00** Newsround (T) **5.15** Cash in the Celebrity Attic (T) **6.00** Eggheads (R/T) **6.30** Battle of the Brains (T)

7.00 **Mum's the Business** Money Programme guest presenter Saira Khan meets the 'mumpreneurs' - women who combine running their own business with raising a young family. (T)
7.30 **Return to... Holiday Reps** (T)
8.00 **Gardeners' World** Joe continues his quest for growing his own fresh vegetables on his allotment. (T)
9.00 **The Tudors** Henry's court lacks Christmas cheer with Queen Caroline excluded, Thomas More alienated, and Anne Boleyn rumoured against. (T)
10.00 **QI** Stephen Fry hosts the quiz show in which contestants are rewarded more if their answers are 'quite interesting'. (T)
10.30 **Newsnight** (T)
11.20 **Jonathan Ross Salutes Dad's Army** In this one-off special to commemorate the 40th anniversary of the classic show, self-confessed Dad's Army fan Jonathan Ross will be joined by some of its stars. (R/T)

12.20 Star Trek: The Next Generation (R/T) **1.50 FILM: Incense for the Damned** (1970) Horror tale starring Patrick Macnee. (T) **3.10** How I Met Your Mother (T) **3.35** How I Met Your Mother (T) **4.00** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News (T) **11.20** Local News and Weather (T) **11.25** This Morning (T) **12.30** Loose Women (T) **1.25** ITV Lunchtime News and Weather (T) **2.00** Dickinson's Real Deal (R/T) **3.00** Daily Cooks Challenge (T) (Followed by Local Weather) **4.00** Inspector Morse (R/T) **5.00** Golden Balls (R/T) **6.00** Local News and Weather (T) **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale** Anna gives Carl an ultimatum. Pollard conspires to play his workforce off against each other. Daz reluctantly covers for Victoria. (T)
7.30 **Coronation Street** Tina finds out what David's been up to. Tony tries to bribe a difficult tenant. Blanche gets Deirdre curious about Ken's book. (T)
8.00 **Country Lives** (T)
8.30 **Coronation Street** Will Tina forgive David? Teresa steps up her campaign to make Jerry dependent on her. Deirdre's upset by Ken's novel. (T)
9.00 **Agatha Christie's Poirot** At a bridge party the host is murdered. Poirot soon discovers that four of the guests have murdered before as he uses psychology and the bridge scores to find the killer. (R/T)
11.00 **The Late News and Weather** (T)
11.45 **Bingo Night Live** Play more free bingo on ITV with the chance to win instant cash prizes and a possible Golden Jackpot. Get your cards at itv.com/bingonightlive and get ready to play.

12.50 Nightwatch with Steve Scott - Crime (R/T) (Followed by ITV News Headlines) **1.45 FILM: Summer Catch** (2001) Romantic teen comedy starring Freddie Prinze Jr. (T) **3.30** ITV Nightscreen **5.00** Jim Jam and Sunny (T) **5.10** Jim Jam and Sunny (T) **5.20** Jim Jam and Sunny (T) **5.35** Jim Jam and Sunny (T) **5.45** Jim Jam and Sunny (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Everybody Loves Raymond (R/T) **7.25** Big Brother's Little Brother (T) **7.55** Big Brother (R/T) **9.00** T4: Friends (R/T) **9.30** Friends (R/T) **9.55** On The Beach (T) **10.10** Vodafone TBA Live 2008: The Feeling (R/T) **10.45** Vodafone Tba Sidekick: Sugababes (T) **11.00** Beauty And The Geek (T) **12.00** News at Noon (T) **12.30** Will & Grace (R/T) **12.55** Will & Grace (R/T) **1.20** Will & Grace (R/T) **1.45** Desperate Housewives (R/T) **2.35** Desperate Housewives (R/T) **3.25** A Place by the Sea (T) **4.30** Come Dine with Me (R/T) **5.00** Richard & Judy (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** Includes sport and weather. (T)
7.30 **Time Warp Wives** A step back in time to meet four women who are desperate to be old-fashioned housewives. (T)
8.00 **A Place in the Sun: Home or Away** (T)
9.00 **Big Brother** Davina McCall announces the eviction results live and direct to the house in a special eviction night show. (T)
10.00 **The Kevin Bishop Show** Sketches in this week's show include Amy Winehouse's new Bond theme 'The Booze Is Not Enough', the Helium Channel, and classic comedy catchphrases that are no longer socially acceptable. (T)
10.35 **Big Brother** The evicted housemate leaves the compound and returns to the outside world. (T)
11.05 **Tonightly** (T)
11.40 **Coming Up: The Thai Bride** Panan is looking forward a new life with her English husband but, instead of a warm welcome, something much darker and more sinister awaits her. (T)

12.10 4music: T-Mobile Transmission (T) **1.10** 4music: 4play: Script (R/T) **1.25** Bullrun: Cops, Cars & Superstars (T) **1.50** Big Brother Live **4.20** Goalissimo (T) **5.15** Transworld Sport (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** Vets in Action (R/T) **12.30** five news (T) **12.45** House (R/T) **1.45** Neighbours (T) **2.15** Medical Investigation (T) **3.10** five news update (T) **3.15 FILM: Fielder's Choice** (2005) Drama starring Chad Lowe, K'Sun Ray and Daryl Anderson. (T) **5.00** five news (T) **5.30** Neighbours (R/T) **6.00** Vets in Action (T)

7.00 **five news** National and international news. (T)
7.15 **Cricket on five** Mark Nicholas presents highlights from the second day of the fourth npower Test match between England and South Africa at the Brit Oval. (T) (Followed by five news update)
8.00 **Superstars** Athletes from a range of disciplines compete against each other in a series of sporting challenges. Dame Kelly Holmes pits her Red team against Roger Black's Yellows. With every point now counting towards qualification for the final, will Kelly and Roger be tempted to play their wildcards? (T)
9.00 **NCIS** Drama series following a team of special agents who investigate crimes connected to Navy and Marine Corps personnel. The team links a petty officer's murder to a prescription drug ring. (R/T)
10.00 **Law and Order: Special Victims Unit (New)** Police investigate the attempted kidnapping of a six-year-old girl. The woman behind the abduction is convinced that the child is her daughter - and DNA evidence appears to support her claim. (T)
11.00 **Law and Order** Briscoe and Green investigate a star baseball player in connection with a murder. Was the athlete driven to committing the crime by his steroid-dealing chauffeur? (R/T)

12.00 Quiz Call **4.30** Lemur Island (R/T) **5.10** Everybody Hates Chris (R/T) **5.35** Neighbours (R/T)

SATELLITE

SKY ONE

6.00am The Dog Whisperer **7.00** Brainiac: Science Abuse **8.00** Zoo Vet at Large **8.30** Zoo Vet at Large **9.00** Malcolm in the Middle **9.30** Malcolm in the Middle **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Relic Hunter **2.00** Stargate SG-1 **3.00** Stargate SG-1 **4.00** Stargate Atlantis **5.00** Malcolm in the Middle **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** Futurama **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00 FILM:** Lethal Weapon 2 **11.15** Top 50 Celebrity Meltdowns **1.15am** Road Wars **2.05** Weeds **2.40** Uncut! Reps In Ibiza **3.30** Brainiac: Science Abuse **4.20** Relic Hunter

ITV2

6.00am Emmerdale **6.30** Airline USA **7.05** The Montel Williams Show **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Emmerdale **10.00** Judge Judy **10.30** Judge Judy **11.00** Judge Judy **11.30** Airline **12.00pm** Emmerdale **12.30** Planet's Funniest Animals **1.00** Airline USA **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.20** The Montel Williams Show **6.05** Judge Judy **6.35** Judge Judy **7.00** Smallville **8.00** Pushing Daisies **9.00** America's Got Talent **10.20** Coronation Street **10.50** Coronation Street **11.20** Bionic Woman **12.20am** The Passions of...Girls Aloud. **1.20** Jack Osbourne: Adrenaline Junkie III **2.15** Teleshopping **5.15** ITV2 Nightscreen

BBC3

7.00pm Top Gear: Botswana Special **8.00** The Real Hustle Las Vegas **8.30 FILM:** Chicken Run **9.50** Pranks Galore! **10.00** EastEnders **10.30** Two Pints of Lager and a Packet of Crisps **11.00** Two Pints of Lager and a Packet of Crisps **11.30** Family Guy **11.55** Family Guy **12.15am** Touch Me, I'm Karen Taylor **12.45** Trexx and Flipside **1.15** Trexx and Flipside **1.45** Two Pints of Lager and a Packet of Crisps **2.20** Two Pints of Lager and a Packet of Crisps **2.45** Touch Me, I'm Karen Taylor **3.15** The Real Hustle Las Vegas **3.45** Britain's Missing Top Model: What Happened Next **4.45** Close

BBC4

7.00pm World News Today **7.30** A Seaside Parish **8.00** Classic Britannia **9.00** Legends **10.00** Glastonbury 2008: Joan Armatrading **11.00** Manu Chao at Glastonbury 2008 **12.00am** The Avengers **12.50** The Avengers **1.40** Legends **2.40** Classic Britannia **3.40** Close

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August 9

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BBC1

6.00 Olympic Breakfast (T) **11.00** Olympics 2008 (T) **4.30** Final Score (T) **5.10** BBC News (T) **5.30** The Games Today (T) **6.30** My Family (R/T)

7.00 **Last Choir Standing** Myleene Klass and Nick Knowles continue the search for Britain's best choir. The final six choirs battle it out in the first live knockout show. Judges Russell Watson, Sharon D Clarke and Suzi Digby give their verdict on the choirs' performances, but their fate is ultimately in the hands of the public as they vote for their favourite choirs. (T)

8.00 **The National Lottery: This Time Tomorrow** Tess Daly hosts the National Lottery show where being a winner tonight means being somewhere fabulous tomorrow. Includes the Thunderball and Lotto draws live from Lottery HQ and the Dream Number Draw. (T)

8.50 **Casualty** Zoe makes an unexpected decision in court, with a tidal wave of consequences. But does it clear Maggie's name? (T)

9.40 **BBC News** (T)

10.00 **FILM: The Matador** (2005) Comic crime caper charting the unlikely friendship that forms between a travelling salesman and a sleazy, lonely hit man after a chance meeting in Mexico City. Stars Pierce Brosnan, Greg Kinnear and Hope Davis. (T)

11.35 **FILM: Old School** (2002) Riotous campus comedy in which a lawyer, having caught his wife cheating on him, sets up home near the local university, unwittingly giving his thirtysomething friends an opportunity to recapture their college years and turn his pad into a 24-hour party zone. Stars Vince Vaughn. (T)

1.00 Weatherview (T) **1.05** Joins BBC News (T) **2.00** Olympics 2008 (T)

BBC2

6.00 CBeebies **7.00** CBBC **10.30** The Slammer (R/T) **10.55** Prank Patrol Pocketsize (R/T) **11.00** The Story of Tracy Beaker (T) **11.30** Eliot Kid (R/T) **11.45** Sportsround (T) **12.00** BBC News (T) (Followed by Weather) **12.10** The Sky at Night (R/T) **12.30** Animal Park (R/T) **1.00** Racing: Ascot and Haydock Park (T) **4.30** Eisteddfod (R/T) **5.00** Flog It! (R/T) **5.30** Coast (R/T)

6.30 **BBC Proms 2008** Charles Hazlewood conducts and presents this live Prom of Classical Jazz with the BBC Concert Orchestra, while fellow presenter Suzy Klein is joined in the studio by choirmaster Gareth Malone. (T)

8.30 **Dad's Army** Eager for promotion Captain Mainwaring instigates a recruitment drive. It gets off to a bad start when Sgt Wilson makes a mess of the photos for the advertisement which puts L/Cpl Jones in jeopardy. (R/T)

9.00 **Have I Got News for You** William Hague MP returns to the host's chair to join Paul Merton and Ian Hislop in this edition from May 2005. (R/T)

9.30 **Mock the Week** Two teams of comedians take a satirical swipe at the news and world events. (R/T)

10.00 **Comics Britannia** (R/T)

11.00 **Comedy Connections** Series charting the history of some of our best comedy shows, and finding out what the teams who made them have gone on to do. (R/T)

11.40 **FILM: A Simple Plan** (1999) Hank and Jacob Mitchell and their pal, Lou, find a downed single-engine plane buried in the snowy woods. Inside it is a decaying pilot and a bag carrying $4m. Stars Bill Paxton. (T)

1.35 Arrested Development (R/T) **2.00** Arrested Development (R/T) **2.20** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** CITV: Jim Jam and Sunny (T) **9.40** Captain Mack (T) **9.55** Captain Mack (T) **10.10** Supernormal (R/T) **10.25** Drake and Josh (R/T) **10.55** Finger Tips (R/T) **11.15** Coronation Street Omnibus (T) **1.30** ITV News and Weather (T) **1.40** Regional News and Weather **1.45 FILM: Chaplin** (1992) Biopic starring Robert Downey Jr, Geraldine Chaplin and Anthony Hopkins. (T) **4.20** Regional News and Weather **4.35** ITV News and Weather (T) **4.50 FILM: The Mummy** (1999) Fantasy adventure starring Brendan Fraser, Rachel Weisz and John Hannah. (T)

7.00 **Who Dares Sings!** Denise Van Outen and Ben Shephard host the ultimate singing game show, a TV karaoke party with a fifty grand cash prize, available for one member of the audience competing against the super computer SAM. (T)

8.00 **Foyle's War** A biological warfare experiment that goes wrong results in the death of a local woman, while Sam contracts a potentially fatal illness. In pursuit of answers, and with Sam's life in jeopardy, Foyle ventures into the most secretive areas of the war - research that not even Churchill knows about. (R/T)

10.00 **FILM: Something's Gotta Give** (2003) Romantic comedy in which an ageing music industry executive with a liking for much younger women suffers a heart attack while at the home of his latest consort and is left in the care of her mother. (T)

11.00 **ITV News and Weather**

11.20 **FILM: Something's Gotta Give** (2003) Conclusion of tonight's romantic comedy starring Jack Nicholson. (T)

12.40 Bingo Night Live **1.45** Nightwatch With Steve Scott: Crime (R/T) **2.40** **FILM: Married to The Mob** (1989) Quirky gangster comedy starring Michelle Pfeiffer. (T) **4.35** ITV Nightscreen **5.00** CITV

FOUR

6.10 The Hoobs (R/T) **7.00** Goalissimo (R/T) **8.00** The Morning Line (T) **8.55** T4: T-Mobile Transmission (R/T) **9.25** Je Suis Un Rock Star (T) **10.00** Big Brother (R/T) **11.00** Big Brother (R/T) **11.30** Friends (R/T) **12.00** V Festival 2008: The Line-Up (R/T) **12.30** Movie Special (T) **1.00** Scrubs (T) **1.30** Scrubs (T) **2.00** Channel 4 Racing from Newmarket and Redcar (T) **4.00** A Place in the Sun (R/T) **4.35** Supernanny (R/T)

5.30 **Gok's Fashion Fix** Another chance to see last Thursday's new episode of the high end versus high street catwalk showdown. Red carpet glamour is the theme for this week's programme, with sultan of style Gok Wan determined to prove you can look fabulous without spending a fortune. (R/T)

6.30 **Channel 4 News** (T)

7.00 **The Great Wall Of China** The story of one of the most ambitious building projects in the history of mankind, the Great Wall of China, told through the eyes of three historical figures - Emperor Muzong, military hero and engineering genius General Qi Jiguang and ordinary soldier Zhou Li. Based on new archaelogical finds, the documentary reveals how the 3,000 mile-long wall was built in the space of two decades by a workforce of nearly 50,000 people, using construction techniques that inspire awe even in the modern era. (R/T)

9.00 **Big Brother** Today's highlights from the Big Brother house. (T)

10.00 **FILM: Save the Last Dance** (2001) A white midwestern girl moves to Chicago, where her new boyfriend is a black teen from the South Side with a rough, semi-criminal past. Musical drama starring Julia Stiles. (T)

12.10 4music: Live From Abbey Road (T) **1.10** Big Brother Live **4.20** St. Elsewhere (R/T) **5.10** Salvage Squad (R/T)

FIVE

6.00 Sunrise **7.00** Milkshake! **10.00** Britain's Strongest Man (R/T) **11.00** Warship (R/T) **12.00 FILM: The Crocodile Hunter: Collision Course** (2002) Action-packed comedy starring Steve Irwin, Terri Irwin and Magda Szubanski. (T) **1.50 FILM: The Cincinnati Kid** (1965) Atmospheric drama starring Steve McQueen, Edward G Robinson and Karl Malden. (T) **3.45** Superstars (R/T) **4.45** five news and sport (T) **5.00** Football on Five (T)

7.15 **Cricket on five** Mark Nicholas presents highlights from the third day of the fourth npower Test match between England and South Africa at the Brit Oval. (T)

8.00 **NCIS** The team goes on the trail of a missing Navy lieutenant after her bloodied car is found abandoned. Tony is secretly offered a promotion by NCIS director Jenny Shepard. (R/T)

8.55 **NCIS** A Russian arms dealer is arrested for the murder of a chief petty officer. But the seemingly straightforward case is complicated when the Department of Homeland Security demands that NCIS release the suspect to them. (R/T)

9.50 **CSI: Crime Scene Investigation** While trying to deal with the revelation that Grissom and Sara are an item, the CSIs investigate two bizarre deaths. (R/T)

10.50 **Law and Order: Criminal Intent** A series of murders of homeless people is linked to a women suffering from dementia. (R/T)

11.50 **Women Who Kill** The story of Missy Vanover, a stripper who shot her wealthy boyfriend. (R/T)

12.20 Quiz Call **4.30** Lemur Island (R/T) **5.10** Everybody Hates Chris (R/T) **5.35** Everybody Hates Chris (R/T)

SATELLITE

SKY ONE
6.00am Dinotopia **7.00** Lion Man **7.30** Lion Man **8.00** Lion Man **8.30** Lion Man **9.00** Zoo Vet at Large **9.30** Zoo Vet at Large **10.00** Premier League Years **12.00pm** Shark Mountain **1.00** Don't Forget The Lyrics **2.00** Don't Forget The Lyrics **3.00** Don't Forget The Lyrics **4.00** Malcolm in the Middle **4.30** Malcolm in the Middle **5.00** Malcolm in the Middle **5.30** Malcolm in the Middle **6.00** Gladiators: Quarter Finals **7.00** Malcolm in the Middle **7.30** Malcolm in the Middle **8.00** The Simpsons **8.30** The Simpsons **9.00** Road Wars **10.00** Road Wars **11.00** Street Wars **12.00am** Inside: Alaska'S Toughest Prison **1.00** Road Wars **1.50** The Villa **2.40** Mile High **3.30** Caribbean Uncovered **4.20** Road Wars **5.10** Guilty!

ITV2
6.00am The Hoosiers: The Hot Desk **6.10** Coronation Street Omnibus **8.20** Emmerdale Omnibus **11.15** Holiday Showdown **12.20pm** Holiday Showdown **1.25** Holiday Airport Cyprus **2.30** Nanny 911 **3.20** All Star Family Fortunes **4.05** You Don't Mess with The Zohan **4.40** Kids Do the Funniest Things **5.40** America's Got Talent **7.00** New Homes from Hell 2008 **8.00** Xtra Factor: One Year On **9.00 FILM:** Throw Momma from the Train **10.50** The Hoosiers: The Hot Desk **11.00 FILM:** The Sixth Sense **1.10am** Xtra Factor: One Year On **2.10** America's Got Talent **3.20** Vernon Kay's Gameshow Marathon **4.20** Pushing Daisies **5.10** You Don't Mess with The Zohan **5.35** Good Girls: Gone Bad

BBC3
7.00pm Greek **7.45** Top Gear **8.50 FILM:** Chicken Run **10.10** Family Guy **10.35** Family Guy **10.55** Two Pints of Lager and a Packet of Crisps **11.25** Two Pints of Lager and a Packet of Crisps **11.55** Britain's Missing Top Model: What Happened Next **12.55am** When Beauty Goes Wrong **1.55** Touch Me, I'm Karen Taylor **2.25** Two Pints of Lager and a Packet of Crisps **2.55** Two Pints of Lager and a Packet of Crisps **3.25** Britain's Missing Top Model: What Happened Next **4.20** Touch Me, I'm Karen Taylor **4.50** Close

BBC4
7.00pm Spy Stories: Time Shift **8.00** Sleepers **9.30** Return to Lonesome Dove **11.00** Return to Lonesome Dove **12.30am** The Worlds of Fantasy **1.30** The Worlds of Fantasy **2.30** The Worlds of Fantasy **3.30** Spy Stories: Time Shift **4.30** Close

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SUNDAY
August 10

BBC1

6.00 Olympic Breakfast (T) **11.00** Countryfile (T) (Followed by Weather for the Week Ahead) **12.00** BBC News (T) **12.05** Diagnosis Murder (R/T) **1.30** EastEnders (R/T) **3.55** 'Allo 'Allo! (R/T) **4.25** Keeping Up Appearances (R/T) **4.55** Songs of Praise (T) **5.30** Last of the Summer Wine (T) **6.00** Last Choir Standing Results (T) **6.30** BBC News (T)

7.00 The Games Today Gabby Logan looks back on day two of the 2008 Olympics from her viewpoint overlooking the Bird's Nest Stadium. (T)

8.00 Jimmy and the Wild Honey Hunters Jimmy Doherty, pig farmer and star of Jimmy's Farming Heroes, travels to Nepal to meet an ancient group of people who risk their lives to farm their local honey. A keen bee keeper with a passion for honey and its variety of flavours, Jimmy must scale a massive cliff to reach the home of more than two million bees and dangle 200 feet up to get their honey. (T)

9.00 Britain from Above (New) Andrew Marr goes on an epic journey through a day in the life of Britain, as seen from the skies. From helicopters, planes, hang gliders and satellites we see the picture of a nation constantly on the move. (T)

10.00 BBC News National and international news, followed by regional news and Weather. (T)

10.20 FILM: Crimson Tide (1995) Undersea suspense drama following the power struggle between a commander and his executive officer on board a nuclear submarine. Stars Denzel Washington, Gene Hackman and Matt Craven. (T)

12.10 Weatherview (T) **12.15** Joins BBC News (T) **12.50** Olympics 2008 (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** SMart (T) **10.00** Animal Park (T) **11.00** Olympics: Beijing 2008 (T) **5.30** An Otter in the Family (R/T) **6.00** Earth: The Power of the Planet (R/T)

7.00 Dragons' Den The multi-millionaire Dragon investors are back and at the top of their game. (R/T)

8.00 Top Gear A selection of the best Top Gear races, including a spectacular showdown between a Bugatti Veyron and an RAF Typhoon Eurofighter. The Aston Martin V8 Vantage goes head to head with a jet powered roller skater. (R/T)

9.00 Long Way Round Documentary showing the preparation and planning of Ewan McGregor and Charley Boorman's famous motorbike journey. Ewan and Charley drive on the Road of Bones where they come to a wide river, half iced over, whose bridge has collapsed in the middle. The river is too large to cross... (T)

10.00 Britain from Above (New) Revealing the transformation of Britain's most important city: her capital, London. We track the changes that came out of five years of bombing. (T)

10.30 The John Akii-Bua Story: An African Tragedy Documentary about athlete John Akii Bua, who won gold at the Munich Olympics of 1972. The first African to win gold in an event under 800 metres, Akii Bua returned to his native Uganda to find it under the iron fist of military 'President' Idi Amin. (T)

12.00 FILM: Day of the Dead (1985) Horror starring Lori Cardille. (T) **1.40** Sign Zone: Lost Land of the Jaguar (R/T) **2.40** Sign Zone: Holby City (R/T) **3.40** Sign Zone: Celebrity MasterChef (R/T) **4.40** Super League Show (T) **5.40** This Is BBC Two

ITV1 Anglia

6.00 GMTV (T) **9.25** The Championship **(New)** (T) **10.25** CITV: Captain Mack (T) **10.40** Horrid Henry (R/T) **10.55** Finger Tips (R/T) **11.15** Art Attack (R/T) **11.40** Drake and Josh (R/T) **12.10** Tricky Quickies (R/T) **12.15** Planet's Funniest Animals (T) **12.45** ITV News and Weather (T) **12.55** Regional News and Weather **1.00 FILM: Tobruk** (1966) World War II action adventure film starring Rock Hudson. (T) **2.55 FILM: Carry On Cruising** (1962) British comedy starring Sid James. (T) **4.25** The Unforgettable... Sid James (R/T) **5.00** Regional News and Weather **5.15** ITV News and Weather (T) **5.30** The Way We Were (T) **6.00** Community Shield Highlights

7.00 Heartbeat A man is killed in a car accident, and the police discover he had a chequered past - but what was he doing in Aidensfield? (T)

8.00 Midsomer Murders Midsomer Barton is celebrating Oak Apple Week when a mother is found drowned. It looks like suicide - that she was driven to it by grief over her dead daughter. (R/T)

10.00 ITV News and Weather (T) (Followed by Local Weather)

10.15 TV's Naughtiest Blunders Neil Morrissey introduces more X-rated outtakes featuring some of the nation's best-loved celebrities. (R/T)

11.15 A Match Made in Heaven Documentary series that goes behind the scenes in three of the most popular religious dating agencies, exposing the reality of modern-day dating for Britain's young Muslims, Jews and Christians. (T)

11.45 Vicars' Wives Series following the busy lives of three clergy wives from the South Coast. (R/T)

12.15 Quincy, ME (T) **1.05** 60 Minute Makeover (R/T) **1.55** Vanessa's Real Lives (R/T) **2.45** Moving Day (R/T) **3.10** Moving Day (R/T) **3.35** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **7.00** Transworld Sport (T) **7.55** The British Formula 3 International Series (T) **8.25** British Triathlon Grand Prix (T) **8.55** T4: Movie Special (R/T) **9.20** Hollyoaks Omnibus (R/T) **11.50** Big Brother's Little Brother (T) **12.55** Friends (R/T) **1.25** Vodafone Tba Live: The Streets (T) **2.00** Friends (R/T) **2.35** Vodafone Tba Live: Mcfly (T) **3.05** Vodafone Tba Live: Nerd (T) **3.45** The Simpsons (R/T) **4.15** The Simpsons (R/T) **4.45** Scrapheap Challenge (T) **5.45** Scrapheap Challenge (T) **6.45** Channel 4 News (T)

7.00 Make Me A Christian (New) Three-part series following a group of volunteers from the Leeds area as they give up their normal lives and attempt to live as devout Christians for three weeks. (T)

8.00 Celebrity Wife Swap A special celebrity edition of the reality programme in which people swap their partners, children and homes for a short period. (T)

9.00 Big Brother (T)

10.00 Kill It, Skin It, Wear It Chef and fur lover Merrilees Parker investigates the truth behind the revival in the global fur industry, which is now worth around 7 billions pounds a year. Parker gains unprecedented access to a Danish fur farm, goes fur trapping in Idaho and sees horrendous images of animal suffering. (T)

11.05 The Charlotte Church Show The Welsh pop and classical singer presents her own show, featuring a mix of celebrity guests. (R/T)

11.55 Back To You When a good-looking young anchor from a rival network asks Kelly out on a date, Chuck jumps to the conclusion that the anchor is only trying to steal Kelly from the station. (T)

12.25 Coming Up: Brussels (R/T) **12.55** Big Brother Live **4.40** The London Red Bull Air Race 2008 (R/T)

FIVE

6.00 Milkshake! **10.00** The Gadget Show (R/T) **11.00** Monster Moves (R/T) **12.00** Big, Bigger, Biggest (R/T) **1.00** Fifth Gear Short Cuts (T) **1.10 FILM: Dying to Belong** (1997) American college drama starring Hilary Swank, Mark Paul Gosselaar and Sarah Chalke. (T) **3.00 FILM: Multiplicity** (1996) Farce starring Michael Keaton. (T) **5.05 FILM: The Princess Bride** (1987) Live action fantasy adventure starring Cary Elwes, Mandy Patinkin and Chris Sarandon. (T)

7.00 five news and sport The latest national and international headlines. (T)

7.15 Cricket on five Mark Nicholas presents highlights from the fourth day of the fourth npower Test match between England and South Africa at the Brit Oval. (T)

8.00 FILM: You've Got Mail (1998) Comic tale of romance on the internet. The manager of a humble children's bookshop and the owner of a discount book chain meet in an internet chat room and correspond by e-mail, unaware that they are actually business rivals. When the man discovers the truth, he must try to prevent their business interests from thwarting their budding romance. Stars Tom Hanks, Meg Ryan and Greg Kinnear. (T)

10.20 FILM: The Juror (1996) Psychological thriller about a young woman who is coerced into encouraging her fellow jury members to acquit a powerful mobster. The single mother then finds herself in a moral quandary when a shady thug threatens to harm her child if his boss is not released. Stars Demi Moore, Alec Baldwin and Joseph Gordon-Levitt. (T)

12.35 Major League Baseball **4.20** Ironman Australia **5.10** Everybody Hates Chris (R/T) **5.35** Everybody Hates Chris (R/T)

SATELLITE

SKY ONE

6.00am Hour of Power **7.00** Pokémon **7.30** Pokémon **8.00** Vroom Vroom **9.00** Road Wars **10.00** Road Wars **11.00** WWE - Experience **12.00pm** Gladiators: Quarter Finals **1.00** Futurama **1.30** Futurama **2.00** The Championship Gaming Series **3.00** The Dog Whisperer **4.00** Futurama **4.30** Futurama **5.00** Futurama **5.30** The Simpsons **6.00** The Simpsons **6.30** The Simpsons **7.00** Gladiators: Semi Finals **8.00** The Simpsons **8.30** The Simpsons **9.00 FILM:** Trading Places **11.15** Gladiators: Semi Finals **12.15am** Road Wars **1.15** Road Wars **1.40** The Villa **2.30** Mile High **3.25** Caribbean Uncovered **4.20** Road Wars **5.10** Guilty!

ITV2

6.00am Emmerdale Omnibus **8.45** Nanny 911 **9.40** Planet's Funniest Animals **10.10** America's Got Talent **11.30** Emmerdale Omnibus **2.15pm** The World's Got Talent **3.15** Xtra Factor: One Year On **4.15** Coronation Street Omnibus **6.40** America's Got Talent **8.00** Xtra Factor: One Year On **9.00 FILM:** The Sixth Sense **11.10 FILM:** Sliver **1.10am** Secret Diary of a Call Girl **1.35** Secret Diary of a Call Girl **2.00** Teleshopping

BBC3

7.00pm The Real Hustle Las Vegas **7.30 FILM:** Lara Croft: Tomb Raider **9.00** Spooks: Code 9 **9.50** Spooks: Code 9 **10.40** Family Guy **11.05** Family Guy **11.25** Touch Me, I'm Karen Taylor **11.55** I'm Kylie's Body Double **12.55am** Spooks: Code 9 **1.45** Spooks: Code 9 **2.30** Touch Me, I'm Karen Taylor **3.00** I'm Kylie's Body Double **4.00** The Real Hustle Las Vegas **4.30** Close

BBC4

7.00pm Coal House **7.30** Proms on Four 2008: King's Singers - 40th Anniversary **9.00** The Frost Report is Back! **11.00** Legends: Marty Feldman - Six Degrees of Separation **12.00am** Glastonbury 2008: Joan Armatrading **1.00** Born to Be Wild **1.30** Legends: Marty Feldman - Six Degrees of Separation **2.30** Proms on Four 2008: King's Singers - 40th Anniversary **4.00** Close

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MONDAY
August 11

BBC1

6.00 Olympic Breakfast (T) **9.00** Olympics 2008 (T) **12.00** BBC News (T) **12.30** Regional News and Weather (T) **12.45** Olympics 2008 (T) **5.15** The Weakest Link (T) **6.00** BBC News (T) **6.30** Regional News and Weather (T)

7.00 The Games Today Gabby Logan looks back at the key events and stories of day three at the Games, with action, analysis, interviews and guests. 13 medal places were decided, and British hopes were high that diving protege Tom Daley and his partner Blake Aldridge could win a medal. (T)

7.57 BBC News and Regional News National and regional news bulletin from the BBC. (T)

8.00 EastEnders Max gets disappointing news and is driven to punish his father. (T)

8.30 Panorama Current affairs programme presented by Jeremy Vine. (T)

9.00 New Tricks The team investigate the art of illusion when they reopen a case involving a magic trick that ended in murder. (T)

10.00 BBC News (T)

10.25 Regional News and Weather (T)

10.33 BBC Weather (T)

10.35 River Police Series following the work of the Thames River Police. (T)

11.05 FILM: The Last Shot (2004) Comedy, inspired by a true story, about an FBI agent who poses as a Hollywood producer in a complex sting operation aimed at collaring an infamous mob boss. When the agent puts together a film production with an unwitting director, the operation takes a back seat while he and his colleagues become more and more enamoured with movie-making. Stars Matthew Broderick, Alec Baldwin and Toni Collette. (T)

12.35 Weatherview (T) **12.40** Joins BBC News (T) **1.20** Olympics 2008 (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **10.30** Cash in the Attic (R/T) **11.15** Bargain Hunt (R/T) **12.00** Olympic Swimming: Beijing 2008 (T) **12.45** Double Agents (R/T) **1.15** Diagnosis Murder (R/T) **2.00** Murder, She Wrote (R/T) **2.45** Flog It! (R/T) **3.15** Finley the Fire Engine (R/T) **3.25** Time Warp Trio (R/T) **3.50** Skunk Fu (R/T) **4.00** Thumb Wrestling Federation (R/T) **4.05** Roar (T) **4.35** Grange Hill (T) **5.00** Newsround (T) **5.15** Olympic Basketball: Beijing 2008 (T) **6.00** Battle of the Brains (T) **6.30** Eggheads (R/T)

7.00 Return to... The Cruise Jane McDonald and the characters who made The Cruise the big hit of the late 90s look back on their maiden voyage. (T)

7.30 Return to... The Cruise (T)

8.00 University Challenge Jeremy Paxman asks the questions. (T)

8.30 Chinese Food Made Easy Cooking for Friends and Family. Ching-He Huang is inspired by the Imperial cuisine of ancient China to create fresh, simply prepared and healthy Chinese dishes at home for her friends and family, and reveals the secrets of cooking Chinese food that hungry children will love. (T)

9.00 Dragons' Den (T)

10.00 Would I Lie to You? Comedy panel show, hosted by Angus Deayton with team captains David Mitchell and Lee Mack, in which teammates must discern fact from fiction. (R/T)

10.30 Newsnight (T) (Followed by Weather)

11.20 Ian Rankin's Hidden Edinburgh The crime author Ian Rankin looks around the less well-known parts of Edinburgh. (T)

12.20 Ellery Queen (R/T) **1.10** Sign Zone: Olympic Dreams (R/T) **1.55** Sign Zone: House of Saddam (R/T) **2.55** Sign Zone: Dr Alice Roberts: Don't Die Young (R/T) **3.25** Sign Zone: Dr Alice Roberts: Don't Die Young (R/T) **3.55** Joins BBC News (T)

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News (T) **11.20** Regional News and Weather **11.25** This Morning (T) **12.30** 60 Minute Makeover (R/T) **1.30** ITV Lunchtime News and Weather (T) **2.00** Dickinson's Real Deal (R/T) **3.00** Daily Cooks Challenge (T) (Followed by Local Weather) **4.00** Inspector Morse (R/T) **5.00** Goldenballs (R/T) **6.00** Regional News and Weather **6.30** ITV Evening News and Weather (T)

7.00 Emmerdale Daz begrudgingly covers for Victoria. (T)

7.30 Coronation Street Ryan returns to find out why Steve and Michelle have split. (T)

8.00 Death Race 2008: Tonight Quentin Willson reports on the latest road safety concerns, and the campaign to take postings of boy racers' dangerous driving stunts off the web, in a bid to reduce fatalities on British streets. (T)

8.30 Coronation Street Ken and Deirdre's relationship is at crisis point. Jason questions Steve about Becky. Tina isn't giving in to David's pleas. (T)

9.00 Superhuman: World's Smallest People (New) Series looking at extraordinary humans, with a focus today on the shortest people on the planet, examining how they deal with everything from work and poor health to shopping and finding love. (T)

10.00 News at Ten and Weather (T)

10.40 FILM: Unleashed (2005) Martial arts action about a young man raised as an animal in order to do the bidding of his vicious debt collector owner. Stars Jet Li, Morgan Freeman and Bob Hoskins. (T)

12.35 Heist (R/T) **1.20** Nightwatch With Steve Scott: Emergency (R/T) **2.10** Nightwatch With Steve Scott: Mystery (R/T) **3.05** Moving Day (R/T) **3.30** Moving Day (R/T) **3.55** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Big Brother's Little Brother (R/T) **8.00** Big Brother (R/T) **9.00** T4: Friends (R/T) **9.30** Friends (R/T) **10.00** Big Brother's Diary Room Uncut (T) **11.00** Beauty And The Geek (T) **12.00** News at Noon (T) **12.30** Will & Grace (R/T) **1.00** Desperate Housewives (R/T) **1.50** Desperate Housewives (R/T) **2.45** Countdown (R/T) **3.30** A Place by the Sea (T) **4.30** Come Dine with Me (R/T) **5.00** Richard & Judy (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 Channel 4 News Includes sport and weather. (T)

7.55 Bright New Wonders

8.00 The Genius Of Charles Darwin Richard Dawkins presents a guide to Charles Darwin and his revolutionary theory of natural selection, which Dawkins considers the most important idea ever to occur to a human mind. Professor Dawkins elaborates on the Theory of Evolution's suggestion that humans are merely the fifth ape. (T)

9.00 Kevin McCloud And The Big Town Plan (New) Kevin McCloud follows a community-led regeneration scheme in the former mining town of Castleford in Yorkshire. Over the course of five years, local residents and agencies work with leading architects and designers in a bid to improve the area. (T)

10.00 Big Brother (T)

11.05 Tonightly A variety of new comic performers provide a daily dose of satirical news and comment. (T)

11.40 Coming Up A resentful daughter decides to celebrate turning 30 by employing a pair of kidnappers to abduct her mother, whose only 'crime' is having made more of her life than her child. (T)

12.15 The Shooting Party (R/T) **12.45** 4music: Vintage V (T) **12.50** Big Brother Live **4.20** St. Elsewhere (R/T) **5.10** Richard & Judy (R)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** Vets in Action (R/T) **12.30** five news (T) **12.45** House (R/T) **1.45** Neighbours (T) **2.15** Medical Investigation (T) **3.15 FILM: Robinson Crusoe** (1996) Drama starring Pierce Brosnan, William Takaku and Ian Hart. (T) **5.00** Five News with Natasha Kaplinsky (T) **5.30** Neighbours (R/T) **6.00** Michaela's Zoo Babies **(New)** (T)

7.00 Five News with Natasha Kaplinsky National and international news anchored by Natasha Kaplinsky. (T)

7.15 Cricket on five Mark Nicholas presents highlights from the fifth day of the fourth npower Test match. (T) (Followed by five news update)

8.00 Fifth Gear (New) Tim Shaw joins the team as they explore the most exciting cars on the road. (T) (Followed by five news at 9)

9.00 Greatest 80s TV Moments Joan Collins presents the 50 most memorable moments from the 80s, as voted for in an exclusive poll of Five viewers. (R/T)

11.05 FILM: An Innocent Man (1989) A mechanic accused of a crime he didn't commit is sent to serve time with a gang of hardened criminals. By befriending a tough but influential inmate he manages to get parole, but still finds himself hounded on the outside by the bent cops that framed him. In a bid to be rid of them once and for all, he enlists the help of his underworld contacts to devise a plan that will lure the officers into a fatal blunder. Stars Tom Selleck, F Murray Abraham and Laila Robins. (T)

1.10 Disorderly Conduct (T) **2.10** NASCAR: Sprint Cup **3.00** Golf: The Challenge Tour **3.25** Boxing: Fight of the Week **4.20** ITU Triathlon **5.10** Everybody Hates Chris (R/T) **5.35** Neighbours (R/T)

SATELLITE

SKY ONE

6.00am The Dog Whisperer **7.00** Brainiac: Science Abuse **8.00** Zoo Vet at Large **8.30** Zoo Vet at Large **9.00** Malcolm in the Middle **9.30** Malcolm in the Middle **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Relic Hunter **2.00** Stargate SG-1 **3.00** Stargate SG-1 **4.00** Stargate Atlantis **5.00** Gladiators: Semi Finals **6.00** Malcolm in the Middle **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** The Simpsons **8.30** The Simpsons **9.00** Premier League Years **11.00** Inside: Prison Tactical **12.00am** Road Wars **1.00** Road Wars **1.50** Weeds **2.25** Uncut! Reps In Ibiza **3.20** Brainiac: Science Abuse **4.15** Relic Hunter **5.10** Guilty!

ITV2

6.00am Coronation Street **6.30** Coronation Street **7.00** Emmerdale **7.25** Airline USA **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.00** Coronation Street **10.30** Emmerdale **11.00** Judge Judy **11.30** Judge Judy **12.00pm** Coronation Street **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.20** The Montel Williams Show **6.05** Judge Judy **6.35** Judge Judy **7.00** Smallville **8.00** Xtra Factor: Best and Worst **9.00 FILM:** Wayne's World 2 **11.00** Coronation Street **11.30** Coronation Street **12.00am FILM:** Nine Months **2.00** Teleshopping **5.00** ITV2 Nightscreen

BBC3

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** The Real Hustle Las Vegas **8.30** The Real Hustle Las Vegas **9.00** Jamelia: Whose Hair Is It Anyway? **10.00** EastEnders **10.30** Spooks: Code 9 **11.20** Spooks: Code 9 **12.05am** Jamelia: Whose Hair Is It Anyway? **1.05** The Real Hustle Las Vegas **1.35** The Real Hustle Las Vegas **2.05** Britain's Missing Top Model: What Happened Next **3.00** Spooks: Code 9 **3.50** Spooks: Code 9 **4.40** Close

BBC4

7.00pm World News Today **7.30** Proms on Four 2008: World Music Celebration **9.00** Real Life on Mars **10.00** Life on Mars **11.00** Creating Life on Mars **11.20** Mark Lawson Talks to GF Newman **12.20am** Travellers' Century **1.20** Proms on Four 2008: World Music Celebration **2.50** Mark Lawson Talks to GF Newman **3.50** Close

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TUESDAY
August 12

BBC1

6.00 Olympic Breakfast (T) **9.00** Olympics 2008 (T) **12.00** BBC News (T) **12.30** Regional News and Weather (T) **12.45** Olympics 2008 (T) **5.15** The Weakest Link (T) **6.00** BBC News (T) **6.30** Regional News and Weather (T)

7.00 **The Games Today** Highlights from the fourth day of action at the Beijing Olympics, introduced by Gabby Logan. (T)

7.57 **BBC News and Regional News** National and regional news bulletin from the BBC. (T)

8.00 **Holby City** Linden makes it his mission to help the Korean couple and their twins, but will Jayne stand in his way? Joseph's sister turns up at Holby, keen to plan his wedding, but Faye is seriously questioning their future together. Mark discovers Daisha is pregnant and must decide where his loyalties lie. (T)

9.00 **Bonekickers** Gillian risks everything - her reputation, friendship and even her life - on a quest for her deepest obsession, the greatest sword in history. (T)

10.00 **BBC News** The latest national and international news, with reports from BBC correspondents around the world. (T)

10.25 **Regional News and Weather**

10.33 **BBC Weather** (T)

10.35 **FILM: The Quiet American** (2002) Thriller drama. In pre-war Vietnam, a jaded journalist leads a relatively undisturbed existence with his beautiful mistress. But his complacency is disturbed by the arrival of a young American aid worker, whose interventionist political zeal jars with the older man - a problem made worse by the interest the American poses in the journalist's mistress. Stars Michael Caine, Brendan Fraser and Do Thi Hai Yen. (T)

12.10 Weatherview (T) **12.15** Joins BBC News (T) **2.50** Olympics 2008 (T)

BBC2

6.00 CBeebies **7.00** CBBC **9.00** CBeebies **10.30** Cash in the Attic (R/T) **11.15** Bargain Hunt (R/T) **12.00** Olympic Swimming: Beijing 2008 (T) **12.45** Double Agents (R/T) **1.15** Diagnosis Murder (R/T) **2.00** Murder, She Wrote (R/T) **2.45** Flog It! (R/T) **3.15** Finley the Fire Engine (R/T) **3.25** Arthur (R/T) **3.50** Skunk Fu (R/T) **4.05** The Story of Tracy Beaker (R/T) **4.35** Roman Mysteries (R/T) **5.00** Newsround (T) **5.15** Olympic Gymnastics: Beijing 2008 (T) **6.00** Battle of the Brains (T) **6.30** Eggheads (R/T)

7.00 **Grow Your Own Veg!** Plantswoman Carol Klein explores the fascinating world of peas and beans - the legumes. (R/T)

7.30 **Return to... The Cruise** (T)

8.00 **Jimmy Doherty's Farming Heroes** Jimmy Doherty continues his journey around the UK, meeting the people who are shaping the future of farming. (T)

9.00 **Maestro (New)** Clive Anderson takes us on a fascinating journey into the heart of music making as eight famous amateurs with a passion for classical music do battle for the chance to conduct the BBC Concert Orchestra at the world-famous Proms in the Park. (T)

10.30 **Newsnight** In-depth investigation and analysis of the stories behind the day's headlines with Kirsty Wark. (T) (Followed by Weather)

11.20 **Equator** Documentary series in which Simon Reeve takes a 25,000 mile journey as he treks through rainforests, climbs up volcanoes and travels through war zones on his travels around the Equator. (R/T)

12.20 Sign Zone: Jimmy Doherty's Farming Heroes (R/T) **1.20** Sign Zone: Hadrian (R/T) **2.20** Sign Zone: Timewatch: Hadrian's Wall (R/T) **3.10** Sign Zone: Celebrity MasterChef (R/T) **4.10** Joins BBC News (T)

ITV1 Anglia

6.00 GMTV (T) **9.25** The Jeremy Kyle Show (T) **10.30** This Morning (T) **11.15** ITV News (T) **11.20** Regional News and Weather **11.25** This Morning (T) **12.30** 60 Minute Makeover (R/T) **1.30** ITV Lunchtime News and Weather (T) **2.00** Dickinson's Real Deal (R/T) **3.00** Daily Cooks Challenge (T) (Followed by Local Weather) **4.00** Inspector Morse (R/T) **5.00** Goldenballs (R/T) **6.00** Regional News and Weather **6.30** ITV Evening News and Weather (T)

7.00 **Emmerdale: Better the Devil You Know** Anna vows revenge when Carl chooses Lexi over her. Diane discovers that a dull character in Rodney's book is based on her. Gennie senses that Brenda won't be letting go too easily. (T)

8.00 **Crash Scene Investigators** Following Devon and Cornwall police's dedicated team of accident investigators, whose aim is to discover the cause of every serious crash on the region's roads. (R/T)

9.00 **Doc Martin** Disastrous consequences result when Doc Martin urges the village chemist to remove her neck collar. Danny has a surprise in store for Louisa, though she herself is more inclined to spend the evening with the Doc. (R/T)

10.00 **News at Ten and Weather** (T)

10.40 **Kingdom** Peter decides to let Simon face the consequences of his actions, after Simon is arrested on suspicion of identity fraud. (R/T)

11.40 **Carling Cup Highlights** Craig Doyle introduces the best of the action from tonight's Carling Cup first round. (T)

12.25 Bingo Night Live **1.25** Heist (R/T) **2.15** Nightwatch With Steve Scott (R/T) **3.10** The Jeremy Kyle Show (R/T) **4.00** ITV Nightscreen **5.30** ITV Early Morning News (T)

FOUR

6.10 The Hoobs (R/T) **6.35** The Hoobs (R/T) **7.00** Everybody Loves Raymond (R/T) **7.25** Big Brother's Little Brother (T) **7.55** Big Brother (R/T) **9.00** T4: Friends (R/T) **9.30** Friends (R/T) **10.00** On The Beach 2008 (T) **10.15** Friends (R/T) **10.45** On The Beach 2008 **11.00** Beauty And The Geek (T) **12.00** News at Noon (T) **12.30** Will & Grace (R/T) **1.00** Desperate Housewives (R/T) **1.55** Desperate Housewives (R/T) **2.45** Countdown (R/T) **3.30** A Place by the Sea (T) **4.30** Come Dine with Me (R/T) **5.00** Richard & Judy (T) **6.00** The Simpsons (R/T) **6.30** Hollyoaks (T)

7.00 **Channel 4 News** (T)

7.55 **Bright New Wonders**

8.00 **Don't Blame The Builder** Building expert Jeff Howell mediates between builders and disgruntled home renovators to get unfinished work back on track. Hampstead couple Vicky and Richard have waited nearly half a year for a flat extension which should have taken twelve weeks, and the builder is nowhere to be seen. (T)

9.00 **The Secret Millionaire** Successful businesswoman and mother-of-two Kavita Oberoi heads to Ladywood, Birmingham, an area whose unemployment and teenage pregnancy figures are among the highest in the country. (T)

10.00 **Big Brother** (T)

11.05 **Tonightly** Comedy entertainment show presented by Jason Manford. (T)

11.35 **Reaper** Ben's mother and grandmother stop by the Work Bench for some supplies, but things turn sour when Sam's grandmother accuses him of being evil. (T)

12.35 4music: Vintage V (T) **12.40** Bennetts British Superbike Championship **1.35** Bullrun: Cops, Cars And Superstars (R/T) **2.00** FIA GT Championship 2008 (T) **2.30** KOTV (T) **3.00** Big Brother Live **4.20** The British Formula 3 International Series (R/T) **4.50** FIVB Beach Volleyball (T) **5.40** British Triathlon Grand Prix (R/T)

FIVE

6.00 Milkshake! **9.00** The Wright Stuff (T) **10.30** Trisha Goddard (R/T) **11.30** Michaela's Zoo Babies (R/T) **12.30** five news (T) **12.45** House (R/T) **1.45** Neighbours (T) **2.15** Medical Investigation (T) **3.10 FILM: The Waiting Game** (1998) Romantic drama starring Chandra West, Paula Abdul and Jonathan Crombie. (T) **5.00** Five News with Natasha Kaplinsky (T) **5.30** Neighbours (R/T) **6.00** Michaela's Zoo Babies (T)

7.00 **Five News with Natasha Kaplinsky** National and international news anchored by Natasha Kaplinsky. (T)

7.30 **Highland Emergency** Documentary series following the work of the emergency services in the Highlands of Scotland. (T) (Followed by five news update)

8.00 **Margaret the Tabloid Princess: Revealed** Historical documentary looking at the tabloid pursuit of Princess Margaret. (T) (Followed by five news at 9)

9.00 **CSI: Miami** Stalkers turn an innocent teenage swimming star into a sex symbol by posting photographs of her on the internet. (T)

10.00 **CSI: NY** New York-based spin-off of the crime drama series. Stella and Lindsay probe the death of a model who was apparently electrocuted in a giant martini glass. Mac and Danny investigate a robbery at a restaurant that left one person dead and another critically injured. (R/T)

11.00 **Law and Order: SVU** The discovery of a beaten infant leads Stabler and Cragen on a search for the attacker who may be a paedophile. (R/T)

12.00 The FBI Files (R/T) **1.00** European Drag Racing **1.25** Indycar **2.15** Race and Rally UK **2.40** Motorsport Mundial **3.05** NHRA Drag Racing **4.20** Rolex Grand Am **5.10** Everybody Hates Chris (R/T) **5.35** Neighbours (R/T)

SATELLITE

SKY ONE

6.00am The Dog Whisperer **7.00** Brainiac: Science Abuse **8.00** Zoo Vet at Large **8.30** Zoo Vet at Large **9.00** Malcolm in the Middle **9.30** Malcolm in the Middle **10.00** Stargate SG-1 **11.00** Stargate SG-1 **12.00pm** Stargate Atlantis **1.00** Relic Hunter **2.00** Stargate SG-1 **3.00** Stargate SG-1 **4.00** Stargate Atlantis **5.00** Futurama **5.30** Malcolm in the Middle **6.00** Malcolm in the Middle **6.30** The Simpsons **7.00** The Simpsons **7.30** The Simpsons **8.00** Stargate Continuum **10.00 FILM:** Double Jeopardy **12.05am** Road Wars **1.05** Road Wars **1.55** Weeds **2.30** Uncut! Reps In Ibiza **3.20** Brainiac: Science Abuse **4.15** Relic Hunter **5.10** Guilty!

ITV2

6.00am Coronation Street **6.30** Coronation Street **7.00** Emmerdale **7.25** Airline USA **7.55** Sally Jessy Raphael **8.40** The Ricki Lake Show **9.25** Coronation Street **10.00** Coronation Street **10.30** Emmerdale **11.00** Judge Judy **11.30** Judge Judy **12.00pm** Coronation Street **12.30** Coronation Street **1.00** Emmerdale **1.30** The Jeremy Kyle Show **2.35** The Jeremy Kyle Show **3.45** The Ricki Lake Show **4.30** Sally Jessy Raphael **5.20** The Montel Williams Show **6.05** Judge Judy **6.35** Judge Judy **7.00** Smallville **8.00** Xtra Factor: Best and Worst **9.00 FILM:** Nine Months **11.05 FILM:** Get Shorty **1.05am** The Black Donnellys **2.05** Teleshopping **5.05** ITV2 Nightscreen

BBC3

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00 FILM:** Armageddon **10.20** How Not to Live Your Life **10.50** Family Guy **11.15** Family Guy **11.40** I'm Kylie's Body Double **12.40am** Make My Body Younger **1.35** How Not to Live Your Life **2.05** The Real Hustle Las Vegas **2.35** I'm Kylie's Body Double **3.35** Make My Body Younger **4.35** Close

BBC4

7.00pm World News Today **7.30** Pop Go the Sixties **7.35** Batman **8.00** 1908 - The First True Olympics **9.00** Dixon of Dock Green **9.30** Dixon of Dock Green **10.00** Call the Cops **11.00** Our Hidden Lives **12.15am** The Thirties in Colour **1.15** Our Hidden Lives **2.30** Call the Cops **3.30** Close

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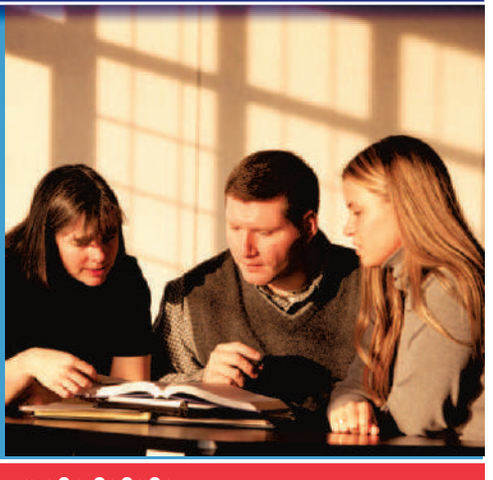

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Lamb Tikka	£3.90	£4.90	£4.49
Mix Kebab	£4.50	£6.00	£5.50

Family Kebab (serves 4-5) (d/meat, c/doner meat, 3 shish, 8pc c/tikka, 8pc l/tikka, salad, sauces, 3 naan or 4 pitta, 3 cans) £13.50

BIRYANI

Plain / Chicken / Lamb /Veggie £4.50
Biryani Meal Deal (any biryani & can) £5.00

BURGERS

Chicken / Fish / Veggie / Bean / ¼	£2.50
Burger Meals (excl. ½)	£3.49

CHICKEN

1pc meal (1pc, 2 wings, chips, can)	£2.50
2pc meal (2pc, chips, can)	£2.60
3pc meal (3pc, 3 wings, chips, can)	£3.99
Party Pack (6pc, 3 chips, 3 cans)	£8.50
Family Pack (8pc, 4 chips, 3 cans)	£9.99
Spicy Wing Bucket (25 wings, 4 chips, 3 cans)	£9.99
Mega Bucket (10pc, 6 wings, doner meat, 4 chips, 3 cans)	£14.99

CURRIES

Chicken / Lamb / Veggie	£3.50
Roti	£0.50
Naan	£1.00

8 CHICKEN NUGGETS FREE !!!!
with all orders over £14.00 (subject to availability)

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MK TAKEAWAYS

YOUR WEEKLY GUIDE TO THE BEST TAKEAWAYS IN MILTON KEYNES

PAPA LUIGI Dial-a-Pizza! EST'83

PICK 'n' MIX PIZZA!

Tomato, Cheese, Tuna, Prawn, Anchovies, Chicken, Beef, Sausage, Bacon, Pineapple, Ham, Salami, Pepperoni, Chicken Tikka, Olives, Mushrooms, Corn, Onions, Pepper, Garlic, Jalepeno, BBQ Sauces.	9" STANDARD	12" STANDARD	12" DEEP PAN MEGA	EXTRA LG 15" STANDARD
CHEESE & TOMATO BAS plus ANY 2 DIFFERENT TOPPINGS	9.50	10.50	12.00	15.00
CHEESE & TOMATO BAS plus ANY 4 DIFFERENT TOPPINGS	9.80	11.00	13.00	16.00
CHEESE & TOMATO BAS plus ANY 8 DIFFERENT TOPPINGS	10.30	12.00	14.00	17.00

ADDITIONAL TOPPINGS £1

FREE DELIVERY
TO ALL MILTON KEYNES AREAS BASED ON A MINIMUM FOOD ORDER OF £7.00

MEAL DEALS

Chicken Burger & Chips	3.95
1/2 Pound Beefburger & Chips	3.95
2 Pieces Chicken & Chips	3.50
3 Pieces Chicken & Chips	4.50
4 Pieces Chicken & Chips	5.50
Extra Piece of Chicken	1.00
Steak (8oz Sirloin) with Chips, Mushrooms & Salad	8.00
Large Doner Kebab	4.50
Small Doner Kebab	3.50

PIZZA MENU

ADDITIONAL TOPPINGS £1

	9" Standard	12" Standard	12" Deep Pan Mega	Extra Lg 15" Standard
1. PAPA LUIGI SPECIAL Tomato, Cheese, Ham, Mushrooms, Salami, Peppers, Olives, Anchovies	9.80	11.00	13.00	16.00
2. MILANESE Tomato, Cheese, Ham, Mushrooms	9.50	10.50	12.00	15.00
3. HAWAIIAN Tomato, Cheese, Ham, Pineapple	9.50	10.50	12.00	15.00
4. HOT & SPICY Tomato, Cheese, Peppers, Jalepeno, Salami, Garlic	9.80	11.00	13.00	16.00
5. VEGI SPECIAL Tomato, Cheese, Peppers, Corn, Mushrooms, Pineapple, Olives, Onion	9.80	11.00	13.00	16.00
6. PESTATORE Tomato, Cheese, Tuna, Prawns, Anchovies	9.80	11.00	13.00	16.00
7. NEW YORKER Tomato, Cheese, Onion, Salami, Beef, Chicken Tikka, Onions, Pepper	10.30	12.00	14.00	17.00
8. MIGHTY MEATY Tomato, Cheese, Salami, Beef, Chicken, Ham, Bacon, Sausage	10.30	12.00	14.00	17.00
9. CHICKEN TIKKA MASSALA Tomato, Cheese, Chicken Tikka, Onions, Pepper	10.30	12.00	14.00	17.00
10. MEAT LOVERS Tomato, Cheese, Double Salami, double Pepperoni, Double Ham, Double Beef	12.00	14.00	16.00	19.00
11. BBQ BONANZA Cheese, BBQ Sauce, Red Onion, Spicy Beef, Sausage	9.80	11.00	13.00	16.00
12. TEXAN BBQ Tomato, Cheese, Onion, Peppers, BBQ Chicken, Bacon	9.80	11.00	13.00	16.00
13. PEPPERONI FEAST Double Mozzarella, Double Pepperoni	9.80	11.00	13.00	16.00

SIDE ORDERS

French Fries	1.20
Coleslaw	1.40
Garlic Bread	1.50
Garlic Bread with Mozzarella Topping	2.50
Prawn Cocktail	2.70
Garlic Mushrooms	1.70
Salad	1.50
Chicken Dippers (6pcs)	3.00
Combo Chicken Dipper (6pcs) Potato Wedges & 3 Dips	4.90
Potato Wedges	2.00
Dips BBQ, Honey & Mustard, Garlic & Herb	0.35
Potato Skins & Dips 2 Potato Skins filled with Mozzarella & BBQ Dip	3.00
BBQ Chicken Wings (6pcs) & Dip	3.50
Hot Chicken Wings (6pcs) & Dip	3.50
Onion Rings (10pcs)	2.00
NEW BBQ Spare Ribs	4.50

DESERTS

Cheesecake	1.50
Gateaux	1.50
Ice Cream Ben & Jerry's ask for flavours	3.95
Chocolate Fudge Cake	1.50

DRINKS

Coke/Diet Coke Pepsi Orange Fanta	1.95
Coke/Orange/Lemonade cans	0.60

*BUY ONE - GET ONE FREE!

NOTE: No other discounts apply with this promotion & prices are subject to change without notice BUY ONE PIZZA & GET ONE PIZZA (of same value) FREE

'Delivered to your door!' Milton Keynes 01908 313355 Sun to Thurs 11.30am - 12.30am Fri to Sat 11.30am - 2.30am

daan

Delivering real indian food

daan vegetarian deal for 2 persons £16.95

2 popadoms, mint sauce, onion salad, onion bhaji, vegetable samosa, vegetable korma, daan special vegetable curry, bombay aloo, chana masala, 2 pilau rice & naan

VIEW MENU ONLINE

15% OFF on orders over £16.00 when promotion code (MK News) is used online or over the phone

KIDS MEALS

daan non vegetarian deal for 2 persons £18.95

2 popadoms, mint sauce, onion salad, chicken tikka, onion bhaji, chicken tikka masala, lamb rogan josh, bombay aloo, chana masala, 2 pilau rice & naan

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Pan Pizza Company

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Can't eat 2? We will deduct £2 off from 10", £3 off 12" and £4 off 16"

Free 1.5 ltr soft drink on orders over £16

PIZZAS	10" Deep Pan	12" Deep Pan	16" Deep Pan
Margarita-Cheese & Tomato	£7.50	£9.50	£13.95
Hawaiian-Cheese, Tomato, Ham, Mushrooms & Pineapple Pepperoni-Cheese, Tomato & Pepperoni Vegetarian-Cheese, Tomato, Mushrooms, Olives, Onion, Sweetcorn, Peppers & Pineapple Seafood-Cheese, Tomato, Tuna, Prawns & Anchovies	£9.50	£11.50	£15.95
Chicken Kiev Pizza-Cheese, Tomato, Mushrooms, Chicken & Garlic Butter Bolognese-Cheese, Tomato, Bolognese, Onion, Peppers Hot & Spicy-Cheese, Tomato, Pepperoni, Spicy Beef, Chilli, Onion & Peppers Meat Feast-Cheese, Tomato, Pepperoni, Spicy Beef, Salami, Chicken & Ham Chicken Tikka-Cheese, Tomato, Chicken Tikka & Peppers Kebab Pizza-Cheese, Tomato, Doner Kebab & Peppers	£11.50	£12.95	£17.95
Create Your Own Pizza Extra Toppings	75p	95p	£1.15

MEGA GRILL PACK
LARGE DONNER KEBAB, LARGE SHISH & CHICKEN KEBAB, 4 X PITTA BREADS & 2 FRIES, 2 SAUCES & COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

GRILL PACK
LARGE DONER KEBAB SHISH KEBAB CHICKEN KEBAB 3X PITTA BREAD COLESLAW FRESH SALAD
£10.95

MEGA PIZZA PACK
16" PIZZA OF CHOICE, GARLIC BREAD, ONION RINGS, COLESLAW, 1.5 LT BOTTLE OF POP
£14.95

PIZZA PACK
12" PIZZA OF CHOICE, GARLIC BREAD, COLESLAW, 1.5 LT BOTTLE OF POP
£10.95

Opening Times: Friday & Saturday 4.30pm to 2.30am; Sunday - Thursday 4.30pm to Midnight

Garlic Bread	£2.00	BBQ Ribs	£3.50
Garlic Bread & Cheese	£2.50	Meat & Chips	£3.50
Doner Kebab	£4.20	Chicken & Chips	£3.20
Shish Kebab	£4.95	Chicken Nuggets & Chips	£3.50
Chicken Kebab	£4.95	Garlic Mushrooms & Dips	£2.00
House Special Kebab	£5.95	French Fries	£1.00
	1/4lb / 1/2lb	Onion Rings	£1.30
Beefburger & Chips	£3.20 / £3.80	Ice Cream 500ml	£3.95
Cheeseburger & Chips	£3.40 / £4.20	Can of Drink	£0.55
Veggie Burger & Chips	£3.20 / £3.80	Bottle of Drink	£1.60
Chicken Burger & Chips	£3.50		
Fresh Salad	£1.50		

MK 320 770

FREE DELIVERY TO MOST MK AREAS
SORRY NO CHEQUES ACCEPTED (MINIMUM ORDER £7.00)

VENICE PIZZA

The Pizza Experts

	med 10"	large 12"	super 16"
MARGHERITA Cheese & tomato	£8.00	£10.00	£14.00
ALL TIME CLASSIC Ham* & Mushroom	£9.00	£11.00	£15.00
HAWAIIAN DREAM Ham* & Pineapple	£9.00	£11.00	£15.00
OLDE ENGLISH Beans & sausage	£9.50	£11.50	£14.50
ALL DAY BREAKFAST Ham* sausage & onion	£9.00	£11.00	£15.00
BEEFEATER spicy beef, mushroom & onion	£11.00	£13.00	£17.00
MEDITERRANEAN Tuna, prawns, fresh tomato, anchovies	£11.00	£13.00	£17.00
PEPPERONI PRAIRIE double pepperoni	£11.00	£13.00	£17.00
WILD WEST BBQ BBQ sauce, BBQ chicken, onion, peppers	£11.00	£13.00	£17.00
MEAT EATER pepperoni, spicy beef, ham* chicken, salami	£11.00	£13.00	£17.00
NEW YORKER salami, pepperoni, sausage, spicy beef	£11.00	£13.00	£17.00
VEGETARIAN mushroom, onion, peppers, sweetcorn, fresh tomato	£11.00	£13.00	£17.00
VEGI FANTASTIC fresh garlic, onion, olives, peppers, aubergine, herbs	£11.00	£13.00	£17.00
ORIENTAL chinese chicken, pineapple, peppers	£11.00	£13.00	£17.00
CHICKEN TIKKA tandoori chicken, mushroom, peppers, sweetcorn	£11.00	£13.00	£17.00
CALZONE ROLLED PIZZA spicy beef, sausage, ham*, mushroom	£11.00	£13.00	£17.00
VENICE SPECIAL pepperoni spicy beef, ham* mushroom, onion, peppers, sweetcorn	£11.00	£13.00	£17.00
AMERICAN HOT pepperoni, onion, chillies, peppers	£10.00	£12.00	£16.00
VEGI MAX HOT mushroom, onion, peppers, jalapenos, sweetcorn	£10.00	£12.00	£16.00
CHICKEN HOT tandoori chicken, mushroom, chillies, peppers	£10.00	£12.00	£16.00

Food rating from MK Council ★★★★

Buy One 16" Get Two 10" FREE upto same value

Buy One Get One FREE upto same value

FREE 1.5 Litre Soft Drink with every order over £16

Side Orders

Garlic Bread (4 pieces)	£1.75
Onion Rings (10 pieces)	£1.80
Garlic Mushrooms & Dip	£2.80
Potato Skins (5 pieces)	£3.00
Potato Wedges	£2.60
French Fries	£1.20

01908 223322

Open 4.30pm 'till late, free delivery most areas in MK

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BANQUET NIGHT
Sunday & Thursday Evenings
5 Course Meal Served.
Only £8.95 per head.

SUNDAY BUFFET
Noon - 5.00pm Only £7.99 per head
Children under 10 - Half Price!

KASHMIR NIGHT
Every Wednesday 5 Course Meal
and a glass of wine only £9.95 per head

Starters:

King Prawn Butterfly	£3.95
Reshmi Kebab	£2.95
Somosa.	£2.50
Onion Bhajee.	£2.50
Chicken/Lamb Tikka	£2.50
Aloo Chat	£2.50
Kakuli Kebab	£2.50
Garlic Mushrooms.	£2.50
Eastern Promise for 2- mixtures of chicken/lamb tikka and sheek kebab, lightly spiced and stir fried with onions and green peppers	£6.95

Chefs Recommendations:

Gost Kofta Special	£6.95
Chicken/Lamb Korai	£5.95
Achari Chicken or Lamb.	£6.95
Chicken/Lamb Tikka Rehun.	£5.95
Chicken/Lamb Tikka Jalfrezi.	£5.95
Tandoori King Prawn Korai	£9.95
Chukla Tandoori King prawn	£9.95

Chefs Special Thali for 2- Mixture of tandoori chicken, sheek kebab, chicken tikka massala, lamb rogan, chana massala, naan bread & pilau rice £11.95

House Specialities:

Tawa Gosht	£7.95
Duck Special.	£7.95
King Prawn Begun.	£7.95
Chicken/Lamb Rezalla.	£7.95
Chicken Zalfrani	£7.95
Jhinga Jhole	£9.95

Seafood Specialities:

Salmon Achari	£8.95
Ayr Bhuna.	£8.95
Tuna Massala	£8.95
Salmon Ki Bhuna.	£8.95

Traditional dishes also available starting at £4.95. Veg dishes starting at £3.95.

OPEN 7 DAYS A WEEK
Lunch: Midday - 2pm. Everyday.
Mon - Thurs: 5.30-11.30pm & Fri - Sat: 5.30-Midnight
Sun: Midday-5pm & 5.30-11.00pm

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DAILYLIFE

TODAY

HIROSHIMA Day Commemoration Ceremonies. 8-9.30pm. Peace Pagoda, Willen Lake North. Nipponzan Myohoji, the Buddhist order which built the Peace Pagoda at Willen will be holding a ceremony of remembrance and reflection. It will be the 63rd anniversary of the dropping of the Atomic Bomb on the Japanese city of Hiroshima. The brief Buddhist ceremony will be followed by prayers from other faiths and then at dusk the Mayor, Cllr Jan Lloyd, will lead the procession of candle lanterns to the edge of the lake which will be sent out onto the water, representing the souls of the dead leaving their earthly life. All are welcome to participate and may offer incense and flowers. All are also invited to the Temple on Sunday, August 17 at 10am to commemorate the first anniversary of the tragic death of the founding monk of the Peace Pagoda Revd Handa Shonin.

SATURDAY
and Sunday

CARIB Fest family fun day, Conniburrow Fields, Conniburrow Boulevard. Free entry to two days of fun. On the Saturday there is plenty for the kids to do with bouncy castles, face painting, balloon modelling and much more. While for the adults there is a seven-a-side football tournament, basketball, volleyball and more sports. There will be plenty to eat and a fully licensed bar and the fun starts at 11am until 9pm. On the Sunday there is a live stage with local music and acts throughout the day as well as all the usual fun and games for the kids and adults. The day runs from 2-8pm.
For more details contact
www.myspace.com/caribfest.

SUNDAY

HULA Animal Rescue Summer Open Day, Salford Road, Aspley Guisex
See the rescued pets awaiting adoption, feed the farm animals. Find a bargain in HULA's emporium. Enjoy the homemade refreshments. fun and games for the children, bouncy castle. summer draw and car boot sale. Adults £2 Children free. 1-4pm
Contact: 01908-584000

WOUGHTON Leisure Centre. Lyn Kilner. Live band in the theatre at lunchtime (1pm). FREE entry, families welcome.

TUESDAY

BUCKS-FIZZ. Networking and business referral group. Buckingham Best Western Hotel. Speaker: Grant Leboff. £8.50. 7am.
Contact: Ann Taylor on 01296771117

STONY Stratford Business Association. Monthly networking lunch. 12.30-2pm. Fox & Hounds, Stony Stratford.

THURSDAY

Meet The FSB. Hosted by the Federation of Small Businesses and focusing on the benefits of FSB membership. National Badminton Centre, Loughton Lodge, MK. 6pm.
Contact: Sue Day 0118 961 5444

WOMEN in Business Network, Wavendon Golf Centre. Networking lunch organised by WIBN's South Milton Keynes branch. £18. 12-2pm
Contact: Alison Shemwell On 0845 8680932

SUPER Camps – activity day camps for children ages 4-14. Akeley Wood Junior School and Bury Lawn School. Multi-activity day camp combining sport, arts and crafts and play into a fun-fuelled programme to make sure children are doing exactly what they are supposed to be during their school holidays – having fun! Ofsted registered. Staff are CRB checked.
Contact: 01235 832222
or visit website www.supercamps.co.uk

WOMEN'S Walking Network. Get to know your parks better and meet new friends. Meet in the Shenley Wood car park off Merlewood Drive, east of V2, Tattenhoe Street, Shenley Wood. 10am-12pm. £1 per person.
More info at www.theparkstrust.com

■ Publicise your event free in the DAILY LIFE column
e-mail: david.gale@mk-news.co.uk
Keep your description brief and make sure it is with us a week in advance of publication date

GARDENLIFE

Don't let plants get stressed

AUGUST is a really difficult month in the garden.

Most seasonal plants will have used up most of the nutrients immediately available and this warm weather makes them dry out quickly.

In the same way we are prone to colds when we get run down plants are prone to disease when they are stressed.

At this time of year, particularly in the recent humid conditions fungal diseases run riot.

The most common being rose black spot, mildew on roses and asters and rust on geraniums and hollyhocks.

I am going to suggest two ways to attack these potential problems.

You can spray plants with a fungicide to act as a preventative. Some fungicides are systemic, ie taken into the plant system, and will last up to a month, a good solution for roses. Make sure you don't use chemicals in strong sun or they can damage the leaves.)

The best approach is to try and prevent a stressful situation in the first place.

Ensure plants are well fed. For immediate impact a regular dilute liquid feed is very good, for roses use a special rose fertiliser.

Secondly ensure they get adequate water at the right time. If possible water leafy plants early in the morning before the sun is too hot. If watered in the evening the air around the plant stays humid and can encourage fungal spores to develop and spread.

In this weather some plants will need watering every day.

Freshly planted trees may need up to two big watering cans – or twenty gallons – a day, and hanging baskets may need watering twice a day.

If you find any diseased plants its best to remove the leaves and destroy them before the disease spreads.

JOBS TO DO IN AUGUST

■ Holiday strategies. Move anything possible to a shady position at the height of the day. Stand terracotta pots on gravel trays topped up with water, so the pots can gradually absorb the reservoir of liquid. You can also install an automatic trickle watering system on an outside tap, which is controlled by a timer and will turn water on and off each day.

■ Trim hedges, especially hedging conifers that can become tall and annoy neighbours

■ To achieve a fine finish, cut your lawns more than once a week. Spot treat and dig out weeds, filling holes with gritty compost, and rake a little grass seed into bare patches if necessary. In hot, dry weather, keep grass longer by setting the mower blades higher. Use lawn grub killer to ensure you don't have a problem with leather jackets later in the year.

■ Hoe weeds out of gravel paths, then carefully apply a residual path weed killer to keep the area weed-free.

■ Shrubs such as philadelphus and weigela flower on the new growths. Cut old, overgrown plants hard and feed with a general fertiliser. They will recover.

■ Feed roses with a specialist rose fertiliser, which contains trace elements.

Liz Thurley is a garden designer and the owner of Roman Way Garden Centre. If you have any questions get in touch at info.romanway@yahoo.co.uk or call 01908 542427.

TASTELIFE

PATISSERIE VALERIE

11-13 Acorn Walk, thecentre:mk, Central Milton Keynes.
01908 233 898
Reviewed by Laura Hannam

FAMOUS for its hand-made cakes and pastries, Patisserie Valerie has been offering indulgent lunches and snacks in thecentre:mk for six months.

The first branch to be opened outside London, the cafe also provides continental all-day breakfasts and fine teas and coffees.

For the main course I ordered mozzarella cheese, avocado, tomato, and fresh basil pesto dressing on toasted ciabatta (£6.95).

The 'special sandwich' came with a good portion of crisps and salad with a gorgeous dressing.

My guest ordered a smoked salmon salad with artichoke hearts, capers, black olives, with fresh goats' cheese served on mixed-leaf lettuce and lemon dressing (£8.95).

She said: "I never expected such a large portion, but it certainly made the meal good value."

For dessert I ordered a chocolate nut sundae 'Kandinski', with seeded vanilla and double chocolate ice cream, chocolate sauce and cantuccini biscuits, topped with whipped cream and hazelnuts (£5.25).

It was absolutely huge but the Italian-style ice cream, made by the patisserie, was creamy and delicious. It would be perfect for sharing.

My guest ordered the obligatory Patisserie Valerie cake, a double chocolate gateau (£3) which, she said, 'did exactly what it said on the tin'.

I also tried their Strawberry Delight Smoothie, with strawberry, peach and papaya (£3.25), which was perfectly refreshing on a hot summers day.

The presentation, portions and quality of the food were all good and the atmosphere pleasantly continental; perfect for grabbing a nice lunch when you are out shopping.

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WAVENDON MILTON KEYNES

Friday 22 August - 8pm
MANOR HOUSE QUARTET
Dynamic arrangements of classic pop and rock songs played on violin, viola and cello!
Tickets £12.50

Saturday 23 August - 8pm
PASADENA ROOF ORCHESTRA
Hot dance tunes from the 1920s and 30s played with inimitable vivacity and panache.
Tickets £19.50

Saturday 30 August - 8pm
CLEM CURTIS & THE FOUNDATIONS
Local soul legend best known for the hits Build Me Up Buttercup and Baby Now That I've Found You.
Tickets £18.50

Thursday 4 September - 8pm
JASON MANFORD
The multi-award winning comedian and star of 8 Out of 10 Cats on his first live national tour.
Tickets £14

Tuesday 23 December 2008 - Sunday 11 January 2009
HEIDI - A GOAT'S TAIL TALE!
Classic tale with a modern twist - the goats tell the story!
Tickets from £9, Early bird offer - £1 off every ticket booked before 30 Sep

01908 280800
* Booking Fee of £2.50 per transaction applies to all telephone sales *

XSCAPE for the ULTIMATE summer!

No Passport Required!

This week on the beach, Britain's Got Talent favourites Kate & Gin will be strutting their collective 6 legs live on stage, followed by a meet and greet session where you can get an autograph (and maybe a paw-print...!)

FRIDAY at 2:30pm

Win tickets to see SUPERGRASS at The Last Days of Summer Festival!

Xscape would like to send you to see this amazing gig at Stowe House on Monday 25th August, featuring Supergrass, Athlete, The Rascals and more... Check the What's On guide at www.xscape.co.uk for all of the details. Tickets are available from Extreme Central inside Xscape.

We've got a pair of VIP tickets and a pair of general admission tickets to give away...just tell us "The Last Days of Summer takes place at Stowe House country estate but what colour house does George Bush live at?" send your entries to miltonkeynes@xscape.co.uk

Terms and conditions apply, see website for details. Management reserve the right to cancel any competition/programme without notice.

MKNEWS
Local news **EVERY DAY** of the week
www.mk-news.co.uk

The**Parks**Trust
MILTON KEYNES

Sizzling Summer Events

Sat 26 July **ROMAN DAY**
Meet the Romans for a fascinating trip through time.
Bancroft 11.00-4.00 £2.50*

Wed 6 Aug **SUPERHEROS**
Find out more about the super strengths of animals and insects. Campbell Park 10.30-1.30 £2.50*

Thu 7 Aug **NEVERENDING STORY**
Discover more about the sun, nature and trees through fairytales, myths and legends.
Poplar Plantation 10.30-1.30 £2.50*

Thu 14 Aug **FLY ME TO THE MOON**
Become a rocketeer and race NASA to the moon.
Caldecotte Lake 10.30-1.30 £2.50*

Fri 15 Aug **SOME LIKE IT HOT**
Enjoy Milton Keynes' first open-air cinema.
Campbell Park 7.30pm Free

Fri 15 Aug **TRY FISHING**
Discover more about fishing with the Angling Association. Furzton Lake 10.30-2.30 £2.50*

Tue 19 Aug **HOPPERS & BUZZERS**
Get the buzz as you hunt for the great green bush crickets and other bugs. Stonepit Field 10.30-1.30 £2.50*

Thu 21 Aug **ANIMAL OLYMPICS**
Hop, glide or slither discover which animals will go for gold at the animal Olympics.
Furzton Lake 10.30-1.30 £2.50*

Tue 26 Aug **MADAGASCAR**
Explore animal instincts and their survival skills.
Shenley Wood 10.30-1.30 £2.50*

Thu 28 Aug **BATMANIA**
Go batty about bats in National Bat Week.
Hazeley Wood 7.00-8.30pm £2.50*

Fri 29 Aug **TREASURE ISLAND**
Swashbuckling fun at this open-air performance of Treasure Island.
Campbell Park 7.00-9.00pm £7/adult £5/child*

***Booking essential. All children must be accompanied by an adult.**

Join The Parks Trust's holiday events in your parks.
Call 01908 255379 or visit www.theparkstrust.com

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34 Singer Way, Kempston, MK42 7AE
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- Large retail shop premises
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MKBUSINESS

Customers come first – and so does Paula

SIR Alan Sugar may have found his new apprentice but a Milton Keynes businesswoman has proved she's more than a match for Lee McQueen by scooping a top national award.

Paula Prior fought off fierce competition from across the UK to claim the 'Outstanding Management Student' category in the prestigious Institute of the Motor Industry (IMI) Awards.

The 34-year-old, who works as aftersales manager at Northfield's car dealership MK SEAT, was nominated by her IMI Level 3 qualification tutors and impressed the awards judges with her troubleshooting and problem solving skills.

But it was the success of her project to develop a customer-led culture at the dealership which clinched Paula the main honour.

She was presented with a glass trophy, framed certificate and a cheque for £200 by Prince Michael of Kent at a glitzy ceremony at IMI headquarters in London.

Afterwards, a delighted Paula said: "I'm absolutely delighted and totally overwhelmed to have won.

"When I was nominated I thought I had no chance and when I was shortlisted for the final I couldn't believe my luck. Now, to have won the main award is incredible.

"The whole process has been amazing and I've learned so much that I've been able to apply to my work. I now have a whole new set of skills and am able to see things from a whole new perspective."

Cliff Freeman, dealer principal at MK SEAT, is also thrilled with Paula's success and is in a better position than most to judge how the six-month IMI management course has benefited her and his business.

He said: 'Paula has always been terrific at her job but the course has taught her things that have enabled her to move to the next level.

"We have always prided ourselves on our customer service, but Paula's project helped us all to identify areas where we could do more to improve the customer experience and we're all much better off as a result.

"Everyone at the dealership is thrilled that she's won the award and her success has underlined to us that our commitment to ensuring every member of our team has the very best training and development is worthwhile."

MK SEAT's Paula Prior receives her Outstanding Management Student award from Prince Michael of Kent

Crisp-munchers are most annoying colleagues

CRISP-MUNCHING colleagues are the scourge of the British workplace according to an online poll of the most annoying sounds in the office.

Amplifon, the UK's largest specialist hearing aid retailer, polled more than 1,000 office workers and identified the top ten sounds that drive staff round the bend:

1) Crisp eating
2) Slurping tea and coffee
3) Annoying mobile ring tones
4) The boss's voice
5) People collecting lottery money
6) Hum of the air conditioning
7) Personal phone calls
8) IT jargon
9) Hold music on the telephone
10) Keyboard tapping

Enrico Vacca, director at Amplifon, said: "People are easily offended by sounds in the office but very few do anything about it.

"Most people are suffering in silence as their colleagues create a cacophony of din around them."

MKBUSINESSBRIEFS

Apprenticeships welcomed

THE head of the city's Chamber of Commerce has welcomed the Conservative Party's announcement on apprenticeships.

Chief executive Rita Spada said: "I'm pleased that all major parties now recognise the need for high quality, employer-led apprenticeships.

"The Milton Keynes Chamber of Commerce strongly believes that an increase in the number of apprenticeships will ease future skill shortages and provide a respected alternative education and training route for young adults.

"Conservative proposals to encourage and support small and medium sized businesses to offer apprenticeships are good. SMEs need specialised support to offer successful schemes, but at the moment they find the system too bureaucratic."

For more information on the training avenues available through the Milton Keynes Chamber of Commerce call 01908 259000 or email www.mk-chamber.co.uk.

Online parcels service

SENDING parcels just got easier for small businesses thanks to the launch of a new website, www.interlinkdirect.co.uk.

This service offers the convenience of shipping online and paying by credit card with the reassurance of backing by one of the most trusted delivery networks.

Interlink Express built its reputation on providing a premium service to small and medium sized companies and has its local depot in Tanners Drive.

Text messages can be automatically sent to the recipient advising the delivery date. The recipient can reply to the text to alter the delivery date if required. This unique feature helps ensure right first time deliveries and avoids the 'sorry we missed you' cards.

Parcels booked via the website can be collected by an Interlink Express driver or dropped off at a local depot.

The website also enables users to send across the European Union and to key destinations worldwide.

Security partnership

MK Dons have announced a new partnership with Olney-based security solution providers Case Security.

The agreement will run for five years from the beginning of this season.

Dons chairman Pete Winkelman said: "Case's goals and values complement our own superbly. I look forward to building a mutually beneficial relationship in the coming five years."

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Is your employer asking the wrong kind of questions?

EVERYONE involved in HR knows that discrimination in the workplace is illegal.

Race, beliefs, gender, age, sexual orientation or disability discrimination can land an employer in front of a tribunal facing an open ended liability.

However, employers run the risk of falling foul of anti-discrimination legislation even before a prospective employee is offered a job. The interview process is a minefield for the unwary interviewer who may, quite by accident find themselves on a charge of discrimination.

You may feel that the following examples are perfectly fair game in helping you come to a fair and balanced view of a candidate's suitability but they are not. In fact each one represents a 'no-go' area and should be completely avoided.

■ How many days have you had off sick in the last 12 months?

■ You don't have children are you planning a family?
■ Which poitical party do you support
■ Do you always wear that headscarf
■ Will you be asking for prayer breaks
■ Do you belong to a trade union

According to Tristan Drane, a director of recruitment specialists The One Group, many employers are still asking inappropriate questions.

He said: "There is a great deal of pressure on employers to make the right recruitment decision and that pressure can lead to asking questions on topics that are discriminatory.

"Even if the question is asked in all innocence, you could find yourself called before a tribunal.

If that happens then the cost in terms of liability, legal fees, time and damage to your reputation can be enormous."

New men appointed by engineering consultants

ENGINEERING and environmental consultants White Young Green has made two senior appointments in its Milton Keynes office to service an expanding portfolio of clients in the area.

David Alderson joins as a regional director from planning consultancy Smith Stuart Reynolds where he was a director.

David has 25 years of experience as a chartered town planner.

After a career in local government he joined the private sector, holding senior positions in planning consultancies for the past three years.

Jethro Punter joins the Milton Keynes office as a principal engineer.

He was at Northamptonshire County Council for nine years, holding positions including principal, community engineer and highway development control officer.

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Wednesday 3rd September 11am - 6.30pm at Bedford Corn Exchange

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The Radcliffe School

The Radcliffe School
Aylesbury Street West, Wolverton,
Milton Keynes MK12 5BT
Telephone: 01908 682 222
Fax: 01908 682 200
Headteacher: John O'Donnell

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£14,976.76 per annum, 37 hours per week, 40 weeks per annum

We require a Learning Mentor with a specific brief of Raising Achievement to join our team. The successful candidate will plan, organise and deliver personal, social and learning support to specific students. You will link with staff, parents and a range of other support agencies to identify ways in which students can overcome barriers to learning and achieve their potential. Experience of helping young people to develop their emotional self-esteem and social skills is desirable.

RECEPTIONIST
MK Grade 3, Point 9 £13,062, 37 hours per week, 52 weeks per annum

We need a first rate Receptionist to join our busy Student Services team. The successful candidate will have a superb telephone manner, excellent interpersonal skills and the ability to communicate appropriately at all levels. The ability to work flexibly, efficiently, take the initiative, maintain confidentiality and work to high standards is essential.

LEVEL 1 TEACHING ASSISTANTS
MK Grade 3, Point 9, £9,323.31, 31 hours per week, 39 weeks per annum

We currently have vacancies for Teaching Assistants to join our busy and enthusiastic team to support curriculum areas and individual students. Previous classroom experience would be advantageous but not essential as training will be provided. If you are a team player and would enjoy the opportunity to work with our students, in the age range 11 to 16, we would like to hear from you.

LEVEL 3 TEACHING ASSISTANT
MK Grade 5, Point 19, £12,244.07, 31 hours per week, 39 weeks per annum

We require a Level 3 Teaching Assistant to provide support to our Mathematics team. The successful candidate will have at least two years experience of working as a Teaching Assistant.

To apply, please send your CV and covering letter to Jo Moloney by Wednesday 20 August 2008. The Radcliffe School is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. This post requires an enhanced Criminal Records Bureau disclosure. We are an equal opportunities employer.

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NHS Foundation Trust

Non Executive Director Wanted

Could you bring your significant or senior experience of a complex organisation to Milton Keynes Hospital NHS Foundation Trust? Non-Executive directors help plan for the future to improve health services, hold the management team to account, make sure the finances are managed properly and ensure that the Board of Directors acts in the public interest.

We are looking for people who have had Board level or equivalent experience in a large organisation; who are interested in the health of the people of Milton Keynes. You will need to live within our catchment area, which includes the borough of Milton Keynes, north Buckinghamshire and parts of Bedfordshire.

To find out more or to request an application pack contact the Chairman's Office, Milton Keynes Hospital NHS Foundation Trust, Standing Way, Eaglestone, Milton Keynes, MK6 5LD or telephone Dr Water Greaves on 01908 243490. Visit www.mkhospital.nhs.uk to find out more about the Trust. Closing date: 8th September 2008.

Sandy Health Centre has two vacancies

Medical Receptionist required

Wed am, Thurs & Fri pm at present with possibility of increasing to two full days in the near future. Excellent communication & keyboard skills required.

Administration Person required

Mon-Fri 11.00am-3.00pm. This post requries excellent communications skills, computer skills both Word and Excel. You will be required to do a variety of tasks such as dealing with patient queries, data entry, running reports, dealing with insurance reports for patients and helping on the reception desk when required.

Please apply in writing with current CV to **Mrs R Morris Sandy Health Centre, Northcroft, Sandy, Beds SG19 1JQ.**

Please make it clear which position you are applying for.

Closing date 15th August 2008

Trainee Stock Controller

We are an expanding company and now have the requirement for a Trainee Stock Controller.

Possessing excellent spreadsheet skills and IT literacy, you will be required to assist in the monitoring and maintenance of stock levels on a computerised system for over 4000 lines, create and place purchase orders with suppliers and liaise with the Sales Team and Warehouse on delivery dates and schedules.

Working closely with the Accounts Department, you will be responsible for computer price maintenance and accurate booking on of stock to enable a smooth workflow process for invoicing and supplier payment.

Full training is offered to the right candidate who can demonstrate aptitude in the basic skills required to fulfil this position.

If you are interested in working as part of a closely knit team in a challenging, busy environment, please apply either in writing or by email to the below, including your CV with current salary information.

Mr S C Bradley, Finance Director
Krystal Hygiene Ltd
48-50 Burners Lane South, Kiln Farm
MILTON KEYNES
sch@krystalhygiene.co.uk

High calibre candidate required for the following position:

QUALIFIED ACCOUNTANT ACCA/ACA

Within growing practice to help maintain client base including self assessment, corporation tax (returns and calculations), VAT returns and payroll. Must be prepared to undertake all aspects of the role including bookkeeping to task completion, able to work independently and communicate effectively. PT/FT/Flexi hours available.

Please send CV with covering letter stating salary expectations and preferred working hours by email to admin@account-ad.co.uk or by post to:

Robert Birch,
Account-AD Services LLP,
James Charles House, 37A
Aylesbury Street, Fenny Stratford,
Milton Keynes MK2 2BQ

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Milton Keynes COLLEGE

Engineering Open Evening

"A flexible employer where I've been encouraged to use a range of creative and innovative teaching methods" – **R Milner, Lecturer**

Calling all; Engineering Graduates, Qualified Engineers, Engineering Gurus

You've learnt it, so why not teach it? Come along to our Open Evening to find out more about an exciting and creative career in teaching, you can join us at **Milton Keynes College**
Sherwood Drive
Bletchley
MK3 6DR
Thursday 14th August 2008
4.00pm – 7.00pm

We are especially looking for **Lecturers (full and part time), Team Leaders**

No need to book a place, just come along to reception and meet with members of the Engineering team. Visit **www.mkcollege.ac.uk** for directions and more information on vacancies at MK College.

Did you know? A new Engineering Lecturer could receive up to £4,000 as a one off Golden Hello after completing their first year's teaching.

Milton Keynes College Jobs – Whatever your Direction

Milton Keynes College is student focussed, positive about change, and values diversity. Our success is due to our staff, culture and belief in working in partnership with others. We want to develop a more diverse workforce and positively welcome applicationsfrom all sections of the community.

Some of the benefits of working for Milton Keynes College
- Training and development
- Excellent Pension and Holiday Package
- Friendly Working Environment
- Childcare Vouchers

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Holding a degree in landscape architecture or similar, you will have substantial experience of working on landscape and open space issues in local government or the private sector. A flair for managing projects and communicating with members, senior officers and external organisations will also be essential.

For informal enquiries please contact Steve Crowther on 01908 252410.

To apply online visit: www.theplacetobe.info

For an application form, email: jobs@milton-keynes.gov.uk Call us 01908 253344 or 253462 (24 hour answerphone). If you have a hearing impairment and have access to Minicom please phone 01908 252727 (office hours only). Please quote appropriate reference. Salaries will normally start at the first point of the grade.

Closing date: 20 August 2008.
Interview date: w/c 1 September 2008.

We are unable to accept CVs, unless accompanied by a completed application form.

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For a full job description or to send your CV please send to the following:

linda.davidson@gamatronic.net

Gamatronic, 15 Chester Road, Colmworth Business Park, Eaton Socon, Cambridgeshire. PE19 8YT
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Milton Keynes COLLEGE

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The Engineering curriculum includes a range of full time and part time programmes as well as supporting a growing number of apprentices and employer engagement activities.

As the successful candidate you will:

- Have proven experience of delivering student success.
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- Have a degree or relevant vocational qualification.
- Have experience of managing or leading a group.
- Have good organisational and problem solving skills.
- Be an enthusiastic, creative and innovative teacher.

Closing date for the above position: Wednesday 20th August 2008

For further information and an application pack, please log on to www.mkcollege.ac.uk or contact the recruitment answer phone on (01908) 684327 or e-mail recruitment@mkcollege.ac.uk

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- Training and development
- Excellent Pension and Holiday Package
- Friendly Working Environment
- Childcare Vouchers

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Milton Keynes based.

Previous experience in sales or purchasing perferred

Must have own car and full driving license.

salary negotiable + commission.

Please apply in writing to

Thomas Gere
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Milton Keynes
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or email plastics@cwmrf.co.uk for more information.

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Please call Martin Wiltshire, Development Manager, Daimler Chrysler Division, on 07870 570396 or send a covering letter and a current CV to martinwiltshire@sytner.co.uk.

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BMI The Saxon Clinic Milton Keynes

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Part-time - 20 hours per week

Well-organised team member required to provide comprehensive admissions process for inpatients. Ideally the successful candidate will have experience of working in a hospital environment. Flexibility required to provide reasonable cover for colleague's annual and sick leave. Good communicator with competent keyboard skills and ability to liaise with consultants, patients and staff.

For a role profile and application form please contact: **Vicky Laing Tel: 01908 665533**

Closing date for applications: Friday 15 August 2008

Unit Development Manager

£27,594 - £29,728 p.a.

Joining our team of Unit Development Managers you will oversee the management and development of one or more of our community centres and provide a community development function for specified neighbourhoods in the town. With a proven track record of managing budgets and staff together with a thorough understanding of working in partnership with local statutory, private organisations and the voluntary sector, you will help achieve agreed programmes in support of local communities. You will establish capacity building initiatives in support of neighbourhoods and encourage the full involvement of local people in the processes required enabling greater public participation in the planning and operation of community centre programmes. You will be required to work evenings and weekends when necessary i.e. an average of one evening per week and ten weekends per year and adapt to the needs of the Service across the Borough as and when required to cover annual leave, sickness and vacant posts.

Closing date: 28 August 2008. ***Ref: 08/1243.***

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We value equality because quality services need the best people - from the whole community.

Stonewall DIVERSITY CHAMPION · INVESTOR IN PEOPLE · LUTON BOROUGH COUNCIL

Sales consultant

£13,000 to £15,000 depending on experience and qualification.

Applicants must have basic computer skills, good track record in customer care, flexible with a desire to progress and preferred telesales experience. Training will be provided on an ongoing basis.

send cv to:

Wallace Cameron, First Aid Training Dvision, The Bull Pen, Manor Courtyard, Sherington, MK16 9NN

Tel: 01908 611 689

ALLSORTS

Singleton Drive, Grange Farm, Milton Keynes, MK8 0PZ.
Christ-the-Sower@milton-keynes.gov.uk
www.cts.milton-keynes.sch.uk

Breakfast/ After School Club/ Holiday Club

Play Workers

20 hpw (increasing over school holidays)
Grades of pay dependant on experience

We are looking for caring, energetic and organised play workers to help run our club. Experience of working in childcare settings is essential. You should have BTEC or NVQ L2 or 3 qualification in playwork or be working towards equivalent qualifications. You will need to be energetic, flexible and have a good sense of fun. Personal warmth and a genuine love of children are essential qualities for this post.

We will positively welcome applications from all parts of the community.

For an application form and further details please contact Lauren on 07753344130.

Our club is committed to the safeguarding and welfare of our children. All appointments will be subject to full CRB disclosure.

Closing date:	22nd August
Interview date:	28th August
Start Date:	ASAP - Sept 2008

Bedford YMCA provides 52 bed spaces within a supported housing environment for 16 to 25 year olds. We operate two projects within Bedford and are the local delivery partner for Prince's Trust Team Programme. Weaver House has 25 bed spaces and Cornerstone House has 27 bed spaces.

Part-time - 25 hours per week

Rent Support Officer

£14,564 - £18,942 pro rata

Working across both sites you will provide support and advice to our service users and recover rent arrears. You will advise on issues relating to housing benefits and rent policy, building a good relationship with both service users and staff.

A good team worker with excellent communication skills, you will have knowledge of housing benefit legislation and related procedures.

Receptionist / Administration Assistant

£13,184 - £17,113 pro rata

Providing an effective administrative service to the Operational Department, you will act as the main point of contact for Bedford YMCA.

With experience of working in an administrative team, you will have knowledge of office procedures, Microsoft Office applications and have excellent interpersonal skills.

For an application pack please contact Dina Browne, Weaver House, 20 Gibbons Road, Bedford MK40 1DQ. Telephone: 01234 307040 Email: bedfordymca@ntlbusiness.com

Closing date for both positions: 5pm, Monday 18th August 2008.

The YMCA is committed to Equal Opportunities.

YMCA Bedford

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We are looking for hardworking, honest people to deliver the MKNEWS in the following areas:

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Give our Guests a Warm Welcome
Canaltime Supervisor - circa £15,000

BWML at Priory Marina manage Canaltime, an expanding company who operate timeshare and static holiday-hire houseboats.

Working with a fleet of 19 boats operating 7 days per week you will need to have a flexible approach, be enthusiastic, highly organised and self-motivated.

You will plan the week's workload, manage a team, demanding the highest standards in all areas of the business, able to communicate at all levels. You will be responsible for day to day operations, ensuring each Canaltime guest is delighted by their experience.

If you meet these criteria apply in writing with your CV to:-
Rod Grant, Priory Marina, Barkers Lane, Bedford MK41 9DJ
Closing date 14th August 2008.

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1 X ASSISTANT PROJECT WORKER (FULL TIME)

37 hours per week
£13,443 per annum
Based in Biggleswade/Sandy

2 X ASSISTANT PROJECT WORKERS (PART TIME)

18.5 hours per week
£13,443 per annum (pro rata)
Based in Bedford

The successful candidate/s will be based in our supported accommodation dealing with administration duties and supporting clients on a day-to-day basis who are working towards living independently.

You will need to show the right aptitude, commitment and enthusiasm and have a good knowledge of Microsoft Word and Excel.

The successful candidates for the above posts will be required to be flexible in working hours and work on a rota basis, which will include some evenings and weekends.

1 X PROJECT WORKER (FULL TIME)

37 hours per week

1 X JOB SHARE PROJECT WORKER

(Maternity Cover Temporary until March 2009)
18.5 hours per week
£17,015 per annum (pro rata)
Based in Bedford

The successful candidate/s will play a key role in supporting our service users to work towards independent living. You will need to have gained knowledge and experience in a similar role and have excellent communication and interpersonal skills and a good knowledge of Microsoft Word and Excel. A qualification within this field will be advantageous.

The successful candidates will be required to carry a pager on a rota basis and work on a shift pattern, which includes evenings and weekends.

Closing Date: 14th August 2008 at 5.00pm

For further information or application form please contact, Human Resources at Bedford Housing Link, 34A High Street, Bedford, MK40 1SP telephone: 01234 334600 or Email recruitment@bhlnet.org.

We are committed to Equality and Diversity and welcome applications from all sections of the community.

East of England Ambulance Service NHS
NHS Trust

Emergency Call Handlers

£14,834 - £17,732 p.a. + up to 25% unsocial hours payment.

For full details and an application form please visit www.jobs.nhs.uk quoting reference 247-DPB653

Closing date: Sunday 17th August 2008

We aim to represent and value the diversity of our local communities through our workforce and service provision. We therefore positively encourage applications, regardless of age, race, gender, sexual orientation, disability or religion

COLLETT HULANCE
Chartered Certified Accountants

require an

EXPERIENCED PAYROLL ADMINISTRATOR

We are offering a full time position for a person, who is organised, neat and numerate, to deal with all aspects of payroll and office administration.

The candidate will need to have sound knowledge of all payroll related matters.

A competitive remuneration package is available for the right candidate.

AUDIT/ACCOUNTS SENIOR

Due to continued expansion, we also require an experienced person to join our busy accounts and audit team. The role will include supervising junior staff and reviewing the work done and involve extensive client liaison. A full driving licence is therefore required as is the ability to communicate with clients at all levels.

The candidate is likely to be a qualified accountant or at the final stage of their qualifications, with a minimum of 5 years experience in a small or medium size practice.

This position offers a competitive remuneration package and provides an excellent opportunity with partnership prospects within 3 to 5 years for the right candidate.

Please apply in writing to:

The Staff Partner
Collett Hulance
Chartered Certified Accountants
40 Kimbolton Road
Bedford
MK40 2NR

Or e-mail your CV to post@colletthulance.co.uk

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Commercial Finance Administrator

As a result of growth in the Company and an increasing need for commercial analysis to support the business, a vacancy has arisen within our Finance Department.

The role reports to our Commercial Finance Manager and will involve:-

- Preparation of Retro payments to customers
- Assisting sales staff in preparing customer information and volumes
- Monitoring customers volumes against specified targets against previous loans/equipment and sponsorship given to customers
- Producing agreements to send out to customers and ensuring agreements are in line with Company policy.

The ideal candidate should possess:-

- Excellent communication skills
- Good systems experience and use of Excel and Microsoft Word
- Experience of a busy paper environment
- Good team player and the ability to work under own initiative
- Previous experience in a Commercial environment

To apply, please send a full CV with covering letter to Shelley Jenkins, Human Resources Department, Wells and Young's Brewing Company Ltd, Havelock Street, Bedford, MK40 4LU or e-mail shelley.jenkins@wellsandyoungs.co.uk Alternatively apply online at www.wellsandyoungs.co.uk/careers

Closing Date for applications: 15th August 2008

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"Providers of high quality housing for people with learning disabilities"

MacIntyre Housing Association

Due to ongoing growth of the business and the formation of Grand Union Housing Group, we require a Supported Housing Officer for MacIntyre Housing Association which is a charitable subsidiary of Grand Union Housing Group. MacIntyre manages 300 bed spaces for adults with learning disabilities.

Supported Housing Officer

Based in Ampthill, Bedfordshire, Hours: 36.5 hours per week

Salary: c. £25,000 pa dependent on experience, plus Essential car user allowance (£1,595 pa)

Key Tasks: The post holder will:

- Support tenants to live in their own homes and retain their independence
- Deliver, promote and develop services to residents and tenants
- Ensure satisfactory standards of management are met through monitoring performance and budget management
- Develop, implement and review policies and procedures
- Work with tenants with complex needs

Requirements:

- Knowledge of housing legislation, new initiatives and funding opportunities, particularly within Supported Housing
- Knowledge of Supporting People and the Quality Assessment Framework
- Knowledge of CSCI standards
- Ability to communicate and influence with primary client group
- Car Driver

Closing Date: 15th August 2008 Interview Date: 28th August 2008

Benefits include: Final salary pension scheme; free life assurance; free parking; family friendly policies and excellent training and development opportunities.

For an informal discussion please contact Mark Green 01525 844524.

We do not accept CVs, so for an application pack please contact: MacIntyre Housing Association, c/o Grand Union Housing Group, 2 Shannon Court, High Street, Sandy, Bedfordshire, SG19 1AG.

Tel: 01767 685800
'Out of Hours' line: 01767 685804
Email: recruitment@grandunionhousing.co.uk
Go to our website: www.macintyreha.co.uk
No Agencies

Grand Union Housing Group

Grand Union Housing Group comprises: Aragon Housing Association, MacIntyre Housing Association and South Northants Homes.

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Full Time
Optical Receptionist
Required
For a busy independent Optometrist in Bedford Town Centre
Please apply in writing with current CV to:-
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55 Harpur Street
Bedford MK40 2SR

Morrisons Chartered Accountants
Accounts Assistant
The main duties of the role are accounts preparation, bookkeeping and payroll.
Candidates will need to have appropriate IT and communication skills and be prepared to work as part of a small team.
Relevant experience in a practice environment is essential.
Please apply in writing enclosing a CV and salary expectation to:
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MKNEWS

Bedfordshire NHS
Primary Care Trust

DIRECTORATE OF PUBLIC HEALTH STRATEGY AND QUALITY

All posts are based at PCT Office, Gilbert Hitchcock House

Quality Monitoring Manager

Band 7 £29,091 - £38,352
37.5 hours per week – Full Time or Maximum Part-time (minimum 30 hours would be considered)

The PCT has created this new and interesting post to ensure that it fulfils its duty as a commissioning organisation to set, monitor and drive improvements in the quality of care provided to our patients.

We are looking to recruit an enthusiastic and self-motivated Project Manager to work within our Clinical Governance Team to manage quality monitoring systems with several local providers of healthcare. You will use excellent communication, negotiation and presentation skills to set up and lead meetings with senior managerial and clinical staff. The ability to interpret information and write formal reports is essential.

Vacancy No: 642-CO183

Quality Facilitator

Band 5 £20,225 - £26,123
37.5 hours per week – Full Time or Part-time (to be negotiated)

We want to recruit an enthusiastic and self-motivated Senior Project Administrator to support the quality monitoring of the clinical services commissioned by the PCT by supporting the work of the Quality Monitoring Manager and Clinical Governance Team. The primary duties are to liaise with other healthcare organisations to ensure receipt of routine data in relation to the PCT's contractual quality schedules. You will be required to summarise this to produce quarterly quality reports which are used to monitor the quality of care delivered through routine quality meetings.

You will have project management experience, good administrative skills, be competent with Microsoft packages and be competent in minute taking. Excellent verbal and written communication skills are essential including the ability to negotiate and influence.

You will confidently use your data analysis skills to process information in a timely manner to produce high quality reports.

Vacancy No: 642-CO185

Primary Care Administrator

Band 5 £20,225 - £26,123
37.5 hours per week – Full Time or Maximum Part-time (minimum 30 hours would be considered)

We are looking to recruit an enthusiastic, professional, self-motivated senior administrator to provide project management and senior level support to the Clinical Governance Manager for General Practice including day-to-day assistance with the management of the GP Appraisals process and the annual Quality and Outcomes Framework.

You will have extensive secretarial experience, be competent in minute taking and able to cope with the varied demands of a busy office.

You will confidently use your excellent communication skills to liaise with senior managers and general practitioners. The post requires effective management of data including some simple analysis. Report writing skills are required to support the production of annual reports. Confidential management of sensitive information is essential.

Attendance at occasional evening meetings within the PCT boundaries is essential.

Vacancy No: 642-CO184

For all positions previous NHS experience would be an advantage along with an understanding of Primary Care and Clinical Governance Systems.

Informal enquiries regarding all positions to: Julie Wilkinson, Head of Clinical Governance on 01234 795760.

Please apply online at www.jobs.nhs.uk

Closing date for all posts: Friday 15 August 2008.

Interview date: to be confirmed.

To apply online please visit our website at www.bedfordshirepct.nhs.uk or for an application pack contact our Recruitment Team on 01525 636889 quoting the relevant vacancy number.

Further benefits include: NHS Pension and Life Assurance, training and development, childcare concessions and flexible working practices.

Bedfordshire PCT will apply for a Criminal Records Disclosure from the CRB before the post may be taken up.

We activity promote equal opportunities and positively encourage applications from suitably qualified and eligible people regardless of sex, race, religion, sexual orientation or disability. All full-time posts are open to job-share.

Visit our website at www.bedfordshirepct.nhs.uk

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Sports Co-ordinator

Flitwick Leisure Centre

We currently require a co-ordinator at Flitwick Leisure Centre. You will be responsible for the planning, organisation, management and promotion of the Aqua Ed scheme and dry-side courses/activities.

You will need good organisational skills as you will be responsible for co-ordinating the swimming teachers and dry-side coaches within the centre, to ensure resources are used to maximum efficiency and all classes/activities are adequately staffed.

A Level 2 ASA teaching qualification (or equivalent) is also essential as you will cover classes when required.

For an application pack, please contact the Centre on 01462 611575.

Closing date: 5 September 2008.

SLL is an Equal Opportunities Employer.

Flitwick Leisure Centre

Flitwick Town Council

Mid Beds District Council

BECOME A MULTI-SKILLED ENERGY ASSESSOR

By law trained Energy Assessors will need to carry out an estimated 3 million Energy Assessments in the year from this October - 200,000 commercial buildings, 1.8 million homes being rented and 1.1 million being sold (2.1m in normal house sale years).

Applicants are therefore required to train now - **no previous surveying experience is required** - at our London, Bristol, Birmingham and Manchester training centres which are approved by the Government-appointed Awarding Body for the Built Environment. The subsidised training is taken in separately bookable 1-week modules usually around current commitments and you **qualify as a multi-skilled Domestic and Commercial Energy Assessor, Flood Risk Assessor and Home Inspector.**

Homes now being sold already require Assessments with **average fees of £70** being paid to our Assessors – fees for the 1.8m rented homes from October are expected to be similar. Fees for currently optional Home Inspections **average £250** - commercial Assessments are expected to be higher. Up to 15 domestic Assessments or 6 commercial Assessments or Home Inspections are estimated to be carried out in a week, subject to size of properties and supply. As well as thousands of Assessors carrying out Energy Assessments, 7500 Home Inspectors will be needed upon Government making Home Inspections compulsory - less than a thousand are currently certified.

Regardless of the 'credit crunch' these new 'green' laws and 3 million Assessments are creating a **rapidly expanding new industry which you could join,** subject to interview and Aptitude test. So apply now for subsidised training and to **start a new career carrying out this environmentally important work with potential multiple income stream opportunities.**

HOME INSPECTOR and ENERGY ASSESSOR TRAINING

Ring 020 8335 1700 Ref: HBS32E

BPS

Plant Hire & Sales

Barford Plant Services has a vacancy for an Accounts Administrator. Working in a small but busy plant hire environment the successful applicant will be proficient in Sage Line50 and Payroll, be computer literate, and ideally GCSE A-C Maths and English. Duties to include purchase & sales ledger, bank reconciliation, P&L balance sheets, assisting with payroll, and ad hoc admin duties to support the team.
In the first instance please send your CV and covering letter to Jacqueline Norton, The Stores, Roxton Road, Great Barford MK44 3LP or by email to accounts@barfordplant.com.

ROOF-PRO

Products, Systems & Designs

Roof-Pro is a successful company based in Bedford supplying specialist building services support frames to the construction industry.

DESIGN OFFICE MANAGER / ENGINEER:

To manage our busy Design Office where duties include design, estimating, stress calculations and design analysis, subsequently generating drawings and preparing customer quotations to meet deadlines. The candidate will have engineering qualifications (Structural / Mechanical) having experience in basic stress calculations, be conversant in AutoCAD and liaise with customers, internal and external staff.

The position offers a competitive salary commensurate with the candidates skill set. Computer literacy, a working knowledge of Excel, Outlook and Word is required.

LABOURERS

The position will involve assembling and packaging a variety of products within a warehouse.

Please send your cv to: **Roof-Pro Ltd, PO Box 505, Kempston, Beds, MK42 7LQ.** Or email **jane.johnson@roof-pro.co.uk** or call Jane Johnson on **01234 843790** to request a job description.

Accountant opportunity
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Starting salary c£37K
Tel: 01908 309637 or 01234 840644

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bhsg

Bedford High School for Girls

GSA Independent Day and Boarding, 7-18

Laundry Assistant / Cleaner

Working alongside members of the house team you will be committed to the well-being of girls in the house.
Closing date: 18th August
Interviews: Thursday 21st August
For further details and an application form please contact Mrs F. Whitbread, Office Manager on **01234 360221** or email: **officeman@bedfordhigh.co.uk**
This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.
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Administrative assistant

horizon health CHOICES Ltd

Fixed-term contract 18 months
Full Time – 37.5hrs per week
£7 per hour
2 posts available

As the first point of contact for our clients we seek an individual with excellent customer service and communication skills. Candidates should demonstrate proficient use of IT and manage administrative tasks efficiently. We are looking for individuals that possess the ability to manage multiple tasks effectively and work productively in a fast paced, healthcare environment.

Previous administration experience and computer literacy is essential.

Horizon Health Choices is a rapidly expanding, independent healthcare provider that supports the NHS in delivering patient services in the Bedfordshire area. We aim to deliver safe, effective care in an efficient, responsive way.

For more information and an application form, please go to our website: www.horizonhealth.co.uk or contact Caroline Bailey on 01234 382010.

Closing date for applications is Friday 8th August 2008. Please note that any applications received after this date will not be considered.

Candidates must be available for interview on Wednesday 13th August 2008 and Thursday 14th August 2008.

Important interview information: Successful applicants will be contacted by telephone on Monday 11th August to confirm their interview date & time - therefore please ensure that a contact number is provided with your application

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Please contact Martin at Leighton Buzzard Garden Centre, Hockliffe Road, A4012, Leighton Buzzard.

Tel. 01525 850100

H Houses To Let

4 bedroom executive detatched house with double garage 3 reception rooms with en suite master bedroom CMK £1225 07737 631189 07956 498220

MKNEWS

P Property To Let

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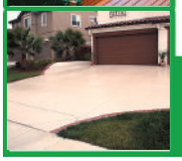
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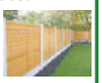
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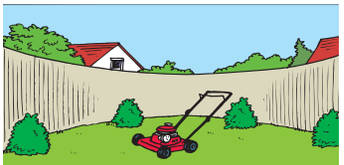
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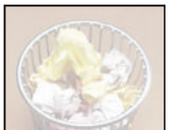
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CONSERVATION AREA REVIEW (DRAFT)
(AUGUST 2008).
THE PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
SECTIONS 69 AND 70

Milton Keynes Council has published its Lower Weald, Calverton Conservation Area Review (Draft) document for a six-week period of public consultation **from Monday 04 August to Monday 15 September 2008.**

The Lower Weald, Calverton Conservation Area Review is an important document which sets out the special character or appearance of the conservation area and the ways in which the council will seek to ensure the area's special characteristics will be preserved or enhanced.

You will be able to view the Lower Weald, Calverton Conservation Area Review (Draft) document and make and view comments online, using our new consultation system, Limehouse at:

http://consultation.limehouse.co.uk/milton-keynes

Alternatively you can fill in a Comments Form. This will ensure that the Council has all the information needed to process any representation you wish to make. Copies of the Comments Form are available from Stony Stratford Library and Milton Keynes Central Library, or by contacting the Design and Conservation Team. The opening times of these libraries can be found on the council's web site at

http://www.milton-keynes.gov.uk/library%5Fservices/DisplayArticle.asp?ID=28715

Completed Comments Forms should be returned to the Design and Conservation Team, using our freepost address (no stamp needed): **Design and Conservation Team, Milton Keynes Council, FREEPOST NATE 294, Planning, LUTS, Civic Offices, 1 Saxon Gate East, Central Milton Keynes, MK9 3HQ.**

Receipt of all comments will be acknowledged.

All comments on the Lower Weald, Calverton Conservation Area Review (Draft) must be received by the Development Plans Team **no later than 5.30pm on Monday 15 September 2008.**

Reference copies of the Lower Weald, Calverton Conservation Area Review (Draft) document are also available to view at the Council's Civic Offices, 1 Saxon Gate East, Central Milton Keynes, MK9 3HQ **during normal office hours (9.00 am to 5.15 pm, Monday to Friday).**

Following consideration of any duly made comments received on the Lower Weald, Calverton Conservation Area Review (Draft) document the Council will prepare a final version of this document.

If you need further information or assistance please contact the Council's Design and Conservation Team on 01908-252599 or by email at: designconservation@milton-keynes.gov.uk

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The premises Licence is the licensing system that permits use of the premises for retail supply of alcohol/providing regulated entertainment.

Full details of the application can be viewed via The Licensing Register at the Civic Offices of the council. This is accessible Mondays to Thursdays between the hours of 9am to 5pm, and Fridays 9am to 4pm (excluding bank holidays) or online at www.milton-keynes.gov.uk/licensing

Any interested party (such as a local resident or business) or responsible authority wishing to make representations in support or against the application must do so in writing by: 29th August 2008.

To the following address: Licensing Team Environment Directorate, Milton Keynes Council, PO BOX 105, Civic Offices, 1 Saxon Gate East, Milton Keynes, MK9 3HH, 01908 252800, email: licensing@milton-keynes.gov.uk.

Representations received in response to this application will be made available for public inspection in accordance with the provisions of the Licensing Act 2003 and must relate to one of more of the licensing objectives (namely crime and disorder; public nuisance; public safety; or protection of children from harm).

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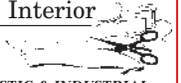

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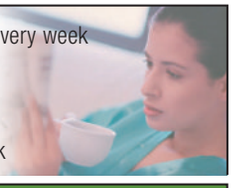

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AUDI'S A5 is a great-looking car and the 2.0-litre TFSI could well be its best engine.

The powerplant uses advanced technology to deliver strong performance with good economy. It's good enough to make you question the need to climb further up the engine range.

The A5's 2.0-litre TFSI engine works in tandem with the 1.8-litre TFSI to fill out the bottom end of the A5's petrol engine range.

The six and eight cylinder units above have more power but for most, the 2.0 TFSI will have enough. How much is enough? The engine produces 209bhp at 4,300rpm but the stat that reveals most about this unit's character is its 350Nm maximum torque that's available all the way from 1,500rpm to 4,200rpm.

This powerplant pulls strongly and seamlessly almost from the outset with an almost diesel-like surge of power through the mid range and no discernable turbo lag.

It's achieved through the use of a variable geometry turbocharger and Audi's Valvelift technology which allows the combustion process to be precisely controlled and adapted instantaneously to the demands of the driver.

The 0-60mph sprint takes 6.9s or 6.5s if you go for the quattro all-wheel-drive model and the top speed is an artificially-limited 155mph.

Once they've decided whether to go quattro or not, Audi A5 2.0 TFSI customers have standard and Sport trim levels to get their teeth into. Standard models have 17ins alloys, Milano leather upholstery, an MP3 compatible CD stereo, acoustic parking sensors, xenon lights, light and rain sensors, three-zone climate control and the speed sensitive power steering.

The Sport model chucks in sports seats, sports suspension and sportier 18ins alloy wheels.

The A5's key rival is the BMW 3-Series coupe and of all its engines, the 2.0-litre TFSI looks to have the best chance of putting one over on the equivalent BMW model.

This A5 lines up against the 325i Coupe and although that car's fractionally faster than the front wheel-drive Audi model, it's a shade slower than the quattro version. It's also less fuel efficient and can't match the formidable torque of the TFSI powerplant.

All right, from a handling perspective, the BMW is a sportier prospect but the A5 is a larger more substantial-feeling car.

The A5's size, its optional 4x4 transmission and its equipment-laden interior might lead you to fear for its fuel economy but there really is no need.

The standard 2.0 TFSI car can return a creditable 42.8mpg, while the heavier quattro gets 38.2mpg. Emissions for the two models are 154g/km and 173g/km respectively.

The Valvelift system used by the engine helps again here because as well as making more power available when called for, it can rein the engine back to save fuel when you are just cruising along.

Audi's exploits in building its brand profile have bolstered the desirability of its cars and in the process, their value on the used car market.

Residual values for the A5 are likely to be extremely strong, with the 2.0TFSI retaining well over half of its value after three years of ownership.

The Audi A5 could be the marque's prettiest car and the 2.0-litre TFSI has a claim on being its cleverest engine.

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2004 (04) Vauxhall Astra Envoy Estate 1.6i, 5 Dr, Bordeaux Red, Aircon, Airbags, Power Steering, Remote Locking, immobiliser **£2,995**

2003 (53) Ford Mondeo 1.8 LX, Silver, Aircon, Radio/CD Player, Remote Central locking, Power Steering, Airbags **£2,995**

2002 (52) Ford Focus 1.8 LXm, Green, 5 door, CD player, Electric Windows, Clean example for **£2,995**

2003 (52) Renault Megane Scenic 1.6 16v Fiji, Beige, CD player, Air Conditioning, Great family car, only **£2,795**

2003 (53) Citroen C5 2.0 16v Exclusive, Grey, Electric Windows, **Automatic,** Lovely example only **£2,795**

2001 (Y) Peugeot 307 2.0 HDi LX 5 door, silver metallic, aircon, PAS 81,000 miles, only **£2,795**

1999 (T) Volkswagen Golf 1.9 TDi SE, Red, 5 door, Aftermarket Alloys, CD player, E/W, Cheap example only **£2,495**

2003 (53) Rover 25 1.4 iL 5door navy blue, a/c, e/w, remote locking **£2,495**

2000 (V) Volkswagen Bora 2.0 SE, 5 Dr, Petrol, Blue, Power Steering, Aircon, Airbags, Immobiliser **£2,195**

2001 (Y) Subaru Legacy 2.0 GX Automatic, Silver, Alloys, Aircon, Electric Windows, Central Locking, Amazing value at only **£1,995**

1999 (T) Ford Focus Saloon 2.0 Ghia, Green, Alloys, A/C, Alarm, Cheap family saloon for only **£1,995**

2001 (X) Ford Mondeo 1.8 LX, Silver, Electric Windows, CD player, Cheap car only **£1,995**

2000 (V) Ford Focus 1.8 Zetec 3dr, Red, E/w, PAS, Alloys, Electric Mirrors, CD player, Low Insurance for only **£1,795**

2001 (Y) Kia Magentis 2.5 V6 LX, Burgundy, **Automatic,** Aircon, Alloy Wheels, Electric Windows/Mirrors, Remote Locking **£1,295**

2000 (X) Hyundai XG 30 3.0 V6 Automatic, Silver, Leather Interior, Alloy Wheels, Climate Control, Cruise Control, Airbags + Much More **£1,195**

DIESELS

2005 (05) BMW 320 CD Sport, Blue, 2 door, Diesel, A/C, E/W, Suede, FSH, Stunning Example for only **£10,995**

2005 (55) Jaguar X-Type 2.0 Diesel Sport, Black, Black Leather, Alloy Wheels, Aircon, 89,000 Miles **£7,995**

2002 (02) BMW 320 Diesel SE Touring, Twilight Violet Metallic, Alloys, A/C, Alarm, 55+ MPG and Cheap road tax for only **£5,295**

2004 (04) Peugeot 307 SE 1.6 HDi SW 7 Seater, Black, Aircon, Alloy Wheels, Remote central Locking, Radio/CD, Airbags **£4,995**

2002 (52) Ford Ranger Crew Cab Pickup, Diesel 4x4, Blue, Aircon, Alloy Wheels, Electric Windows, Central locking **£4,995**

2005 (05) Renault Laguna 1.9 Dci 120 Expression, Twilight Blue Metallic, Alloys, Radio/CD Player, 1 Owner, 60,000 Miles, Full Service History **£4,395**

2004 (04) Renault Scenic 1.9 Dynamique DCi, Blue, Aircon, Electric Windows, Radio, power **steering,** 90,000 Miles **£3,995**

2004 (04) Citroen C3 1.4 HDi LX, Metallic Red, Diesel, only £35 per year tax, 70mpg, only **£3,995**

2004 (54) Ford Focus 1.8 TDi LX, 5dr, Diesel, White, Alloys Wheels, Aircon, Radio/CD player, Full Service History **£3,295**

2002 (52) Fiat Punto 1.9 JTD Dynamic, Red, 5 door, Electric Sunroof, ABS, 60+mpg only **£2,995**

1999 (T) Volkswagen Golf 1.9 TDi SE, Red, 5 door, Aftermarket Alloys, CD player, E/W, cheap example only **£2,495**

1996 (P) Peugeot 106 XLD Diesel, Red, Immobiliser, Stereo, Group 3 insurance, Low rate tax **£795**

ESTATES, 4X4s & 7 SEATERS

2006 (55) Kia Sorrento SX 3.5 V6 Auto, Automatic, Atlantic Blue, Aircon, Alloy Wheels, Remote Central Locking, Electric Windows/Mirrors **£7,995**

2004 (04) Mitsubishi L200 Animal Crew Cab blue over silver, leather trim alloys 73,000 miles only **£6,295**

2002 (52) Honda CR-V 2.0 I-Vtec SE Sport, 5 Dr, Blue, Aircon, Alloy Wheels, Sat Nav, Airbags, Remote Locking, Radio/CD, 55,486 Miles **£5,495**

2004 (04) Peugeot 307 SE 1.6 HDi SW 7 Seater, Black, Aircon, Alloy Wheels, Remote Central Locking, Radio/CD, Airbags **£4,495**

2002 (02) BMW 320 Diesel SE Touring, Twilight Violet Metallic, Alloys, A/C, Alarm, 55+ MPG and Cheap road tax for only **£5,295**

2002 (02) Land Rover Discovery 4.0 V8, 7 Seater, Automatic, Power Steering, Aircon, Alloy Wheels, Airbags, Radio, Electric Windows **£4,495**

2002 (52) Ford Ranger Crew Cab Pickup, Diesel 4x4, Blue, Aircon, Alloy Wheels, Electric Windows, Central Locking **£4,995**

2003 (03) Volvo V40 2.0 Sport Estate, Carbon Black Metallic With Black Half leather Trim, 49,000 Miles with full service history **£4,495**

2001 (Y) BMW 520i SE Touring Automatic/Tiptronic, British Racing Green, Aircon/Climate Control, Alloy Wheels, Cruise Control **£4,295**

2002 (52) Mitsubishi L200 Warrior Crew Cab, steel grey, metallic, leather trim, truckman top e/w, c/l, alloys only **£4,295**

2004 (53) Renault Scenic 2.0 VVT Dynamique, midnight blue metallic, black trim, great value at only **£3,995**

2002 (52) Nissan Primera 1.8 Automatic estate, metallic red, reversing camera, alloys **£3,695**

2001 (51) Vauxhall Zafira 1.6 Comfort, Black, 7 Seater, Immobiliser, Power Steering, Electric Windows, Airbags, Radio/CD **£3,295**

2004 (54) Ford Focus 1.8 TDi Lx, 5 Dr, Diesel, White, Alloy Wheels, Aircon, Radio/CD Player, Full Service History **£2,995**

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2001 (Y) Hyundai Santa Fe 2.4, 5 Dr, Silver, Remote Central Locking, Aircon, Alloy Wheels, Radio/CD Changer, Power Steering **£2,795**

2001 (Y) Peugeot 806 2.0 HDi Quicksilver 7 Seats, Aircon, CD Player, E/W, C/L, Good Value At only **£2,595**

2001 (Y) Subaru Legacy 2.0 GX Automatic, Silver, Alloys, Aircon, Electric Windows, Central Locking, Amazing value at only **£1,995**

1992 (J) Isuzu Trooper, 4x4, 5 Dr, Green, **Automatic,** Aircon, Radio/CD, Electric Windows **£1,695**

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2002 (02) Fiat Doblo Cargo Van 1.9D, Red, Commercial Vehicle, Ply Lined, clean only ..... **£2,495 + VAT**

2002 (02) Peugeot Partner 600 LX 1.9D, White, Commercial Vehicle, Ply Lined ..... **£1,695+VAT**

1998 (S) Volkswagen Caddy TDI 1.9, White, Commercial Vehicle, Cheap Van at only **£1,295**

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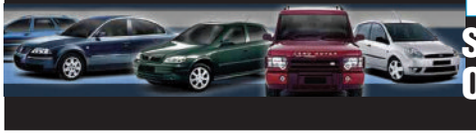
1998 (S) Vauxhall Vectra 2.0 DTi Envoy, 4Dr, Silver, Remote Central Locking, Airbags, Radio/CD, Power Steering, Taxed and MOT'D **£995**

1996 (P) Ford Escort 1.6 Cabriolet, Red, Alloys, Great Cond **£995**

1998 (R) Vauxhall Corsa 1.2 LS, Blue, PAS, Great first car at only **£995**

1996 (P) Peugeot 106 XLD, Red, Diesel, Cheap Tax **£995**

1997 (R) Fiat Marea Weekend 1.6 Estate, Grey, Oct MOT **£495**



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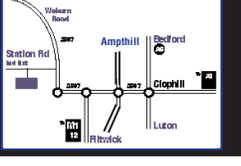

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- If you drive a gas-guzzler, or high road tax car after next years' changes, and you would rather be driving a smaller, more environmentally friendly car with the latest safety features, then we will swap shop it with you over the next 3 days.
- Simply find the vehicle you want to swap with yours (or tell us what you're looking for) and we will assist you in this endeavour.
- We will give you a good valuation for your vehicle, deduct one price from the other and that's the price you pay-no haggling, no hassle; its as simple as that!
- This event starts Friday the 8th August at 9.00am and ends 4.30pm Sunday 10th August. This is a one off event and will not be run again next week or again this month.
- We have a high volume sales target to hit in these 3 days, so we are looking to do what we don't normally do- come and take advantage!
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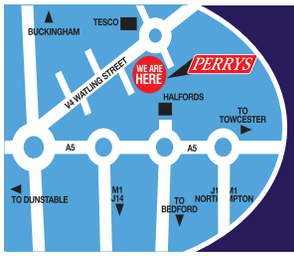

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Audi A4 3.0 Sport Convertible 2003 (03) Reg.

57,000 Miles F/S/History, grey metallic with black leather interior Navy blue hood, air conditioning, electric Hood, alloys wheels, CD player, electric seats, remote central locking. Immaculate condition. 12 months MOT, 12 Months Warranty 2/3 years option.

£13,995

Citroen Picasso 2.0 HDi Exclusive 2002 (02) Reg.

2 Owners, 72,000 Miles F/S/History metallic Red with grey leather interior, Air condition, electric windows, electric mirrors. Alloys, CD, remote central locking, electric sunroof, rear parking sensors. Excellent condition 12 months MOT, 12 months warranty 2/3 years option.

2002 £3,995

Mazda 6 1.8 Saloon 2004 (04) Reg.

1 Owner with 60,000 miles F/S/H. Silver with grey interior. Air conditioning, electric windows, electric mirrors, remote central locking, CD player and alloys wheels. Excellent condition, 12 months mot, 12 months Warranty 2/3 years optional.

2004 £6,995

Volvo S60 2.0 T SE Auto 2002 (52) Reg

Met Silver with dark grey leather and wood effect interior. 40,000 Miles with F/S/History, air con, e/windows. e/mirrors, e/heated front seats with memory, heated front screen, CD player, cruise control, multi function steering wheel, headlamp wash wipe, remote central locking, alloys, 12 months MOT and 12 months warranty. 2/3 years optional.

2002 £7,995

Mercedes-Benz S320 Advantage Auto 2000 (X) Reg.

2 Owners 69,000 miles F/S/History, blue metallic with grey leather interior, air conditioning, key less go, electric windows, electric mirrors, sat/nav, alloys, remote central locking, CD. Immaculate condition, 12 months MOT, 12 months warranty 2/3 years optional.

2000 £9,995

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PRESTIGE

Bentley Arnage 6.8 Red Label Saloon Automatic 2001 (51) Reg.
2 Owners with 36,000 miles and F/S/H. Silver with cream leather interior. Sat Nav, air conditioning, electric windows, electric mirrors, electric heated seats, electric sunroof. Remote central locking, CD Player and alloy wheels. Immaculate condition 12 months MOT, 12 months warranty 2/3 years optional. £54,995

Audi Q7 3.0 TDI Quattro S Line, 5dr h/back 7 seater, tip Automatic 2007 (07) Reg.
1 Owner 7,000 miles, F/S/H. Black with black leather interior, air conditioning, electric windows, electric mirrors, , electric heated seats, Sat Nav DVD CD, remote central locking. 20" alloy wheels, airbag back/front. Immaculate condition, manufacturers warranty. £37,995

Range Rover 2.7 HSE Diesel Sport Automatic 2006 (06) Reg.
1 Owner, 31,000 miles with a F/S/H. Black with black leather interior. Sat Nav, air conditioning, electric windows, electric mirrors, electric heated seats, remote central locking. CD Player and alloy wheels. Immaculate condition 15 months warranty. £34,995

Mercedes Benz SL 500 Convertible Automatic 2003 (03) Reg.
2 Owners, 26,000 miles with a F/S/H. Metallic blue with cream leather interior. Sat Nav, Comand System, air conditioning, electric windows, electric mirrors, electric heated seats, electric power hood with panoramic sunroof, remote central locking. CD changer, tracker, Mille miglia 19" alloy wheels. Mint condition, 12 months MOT, and 12 months warranty 2/3 years optional. £34,995

Mercedes Benz 280 CDI Avantgarde Auto 2006 (56) Reg.
1 Owner 56,000 miles F/S/History, Silver with black leather interior, air conditioning, electric window, electric mirrors, alloys wheels, Sat/Nav, remote central locking, CD player, Electric heated seats. Immaculate condition, 12 months warranty 2/3 years optional. £19,995

Mercedes Benz C220 CDI Sport Coupe SE Automatic T/Tronic 2004 (04) Reg.
64,000 miles with F/S/H, Silver black with leather interior. Air conditioning, alloys, CD player, electric windows, electric mirrors, cruise control and remote central locking. Excellent condition. 12 months MOT, 12 Months warranty with 2/3 years optional. £11,995

Jaguar S Type 3.0 SE Automatic 2004 (04) Reg.
70,000 miles. F/S/H. Silver with black leather interior. Sat nav, air conditioning, electric windows, electric mirrors, electric heated seats, central locking, CD and alloy wheels. Excellent condition with 12 months MOT, 12 months warranty 2/3 years optional. £9,995

Mercedes Benz S320 Avantgarde Auto 2000 (x) Reg.
2 Owners 69,000 miles F/S/History, blue metallic with grey leather interior, air conditioning, key less go, electric windows, electric mirrors, sat/nav, alloys wheels, remote central locking, CD. Immaculate condition, 12 months MOT, 12 months warranty 2/3 years optional. £9,995

Volvo V70 2.4 BHP 5 dr Estate Car Automatic 2003 (03) Reg.
29,000 Miles. Full Volvo Service History, Metallic Blue with Beige leather interior, Air Conditioning, Electric Windows, Electric Mirrors, Electric Heated Seats, Alloys wheels, electric sunroof, remote central locking, CD player, Immaculate Condition. 12 months MOT, 12 months Warranty 2/3 years optional. £9,995

Volvo S60 2.0 T SE Auto 2002 (52) Reg
Metallic Silver with dark grey leather and wood effect interior. 40,000 Miles with F/S/History, air conditioning, electric windows, electric mirrors, electric heated front seats with memory, heated front screen, CD player, cruise control, multi function steering wheel, headlamp wash wipe, remote central locking, alloy wheels, 12 months MOT and 12 months warranty. 2/3 years optional. £7,995

SPORTS

Audi A4 3.0 Sport Convertible 2003 (03) Reg
57,000 Miles F/S/History, grey metallic with black leather interior Navy blue hood, air conditioning, electric Hood, alloys wheels, CD player, electric seats, remote central locking. Immaculate condition. 12 months MOT, 12 Months Warranty 2/3 years option. £13,995

Mercedes Benz C230 Kompressor Coupe Automatic 2001 (51) Reg.
50,000 Miles, F/M/S/History. One Lady Owner, Air conditioning, electric windows, electric mirrors, alloys, R/C/L. Immaculate condition. 12 Months MOT, 12 Months Warranty 2/3 Years Optional. £9,995

Mazda RX8 231 PS 2004 (04) Reg.
41,000 Miles with full Mazda service history, metallic blue with black leather interior, air conditioning, electric windows, electric mirrors, electric drivers seat, heated front seats, SAT/NAV/DVD/6 Disc front loading CD Player, Multi-function steering wheel, rear parking sensors, headlamp wash, 18" alloy wheels. Immaculate condition with 12 months MOT, 12 months warranty 2/3 years optional. SOLD

Toyota Celica 1.8 VVTI Coupe 2003 (53) Reg
2 Owners 28,000 Miles with Full Service History, Silver with grey interior, air conditioning, electric windows, electric mirrors, alloy wheels, CD player, remote central locking. Excellent condition and 12 months MOT and 12 months Warranty 2/3 years optional. £7,995

DIESELS

Jaguar X Type (Euro 4) 2.2 Diesel Sport 5dr Estate 2006 (56) Reg.
43,000 miles, F/S/H, Silver with black leather interior, air conditioning, electric windows, electric mirrors, alloys, CD, remote central locking. Immaculate Condition, Warranty till Sept '09. £14,995

Volkswagen Golf 2.0 GTI TDI 3dr Hatchback 2005 (05) Reg.
2 Owners 52,000 miles, F/S/H. Silver with black interior, air conditioning, alloys, electric windows, electric mirrors, remote central locking, CD. Excellent condition, 12 months MOT and 12 months Warranty 2/3 years optional. £10,995

Saab 9.3 1.9 TID Vector (150) BHP 4dr Saloon 2006 (56) Reg.
48,00 miles. F/S/H. Silver with Grey leather beige interior. Air conditioning, cruise control, electric windows, electric mirrors, remote central locking, Sport seats, CD, alloy wheels. Immaculate condition. Warranty till October 2009. £10,995

Audi A4 1.9 TDI 130 BHP SE 6speed Saloon 2004 (54) Reg.
1 Owner. 70,000 miles. F/S/H. Atlas Grey with Grey interiors. Air conditioning, electric windows, electric mirrors, remote central locking, CD and alloy wheels. Excellent condition. 12 Months MOT, 12 months warranty 2/3 years optional. £9,995

Jaguar X Type 2.0 Diesel SE Saloon 2005 (54) Reg
One owner 58,000 Miles F/S/History Ebony black with black Leather Interior, air conditioning, cruise control, electric windows, electric mirrors, electric seats, Rear parking sensors, CD 6, excellent condition. 12 months MOT, 12 months warranty 2/3 years optional. £8,995

Jaguar X Type 2.0 Diesel SE (Euro 4) 2005 (05) Reg.
1 Owner 84,000 miles F/S/History Radiance Red metallic with champagne leather, air conditioning, electric windows, electric mirrors, alloy wheels, CD player Headlamp wash, rear parking assist, remote central locking. Excellent condition, 12 months MOT 12 months warranty 2/3 years optional. £7,995

Jaguar X Type 2.0 Diesel SE (Euro 4) 2005 (05) Reg.
1 owner 98,000 miles F/S/History ultraviolet Blue with Ivory leather, Cruise control, air conditioning, rear parking sensors, electric windows, electric mirrors, remote central locking, multi function steering wheel, Headlamp wash. Excellent condition 12 month MOT, 12 months warranty. £7,995

Jaguar X Type 2.0 Diesel classic (Euro 4) 2005 (05) Reg.
1 Owner 79,000 miles F/S/History, Zircon silver with grey interior, air conditioning, alloy wheels, electric windows, electric mirrorsCD player, remote central locking, and electric seats. Excellent condition, 12 months MOT, 12 months warranty 2/3 years optional. £6,995

Vauxhall Corsa 1.7 Diesel Club 5dr Hatchback 2002 (52) Reg
2 Owners with 40,000 miles and F/S/H, Spearmint blue metallic with grey interior electric windows, power steering, radio cassette, remote central locking. Excellent condition 12 months MOT and 12 months Warranty 2/3 years optional. £3,995

Citroen Berlingo Enterprise 1.9 Diesel 2004 (54) Reg.
2 Owners 33,000 Miles with F/S/History, white with grey interior, electric windows, CD player, electric mirrors. Ply lined, remote central locking. Excellent Condition. Light use only. 12 months MOT, 12 months warranty. 3,995+VAT

SALOONS & HATCHBACKS

Mazda 6 1.8 Saloon 2004 (04) Reg.
1 Owner with 60,000 miles F/S/H. Silver with grey interior. Air conditioning, electric windows, electric mirrors, remote central locking, CD player and alloys wheels. Excellent condition, 12 months mot, 12 months Warranty 2/3 years optional. £6,995

Citroen C5 2.2 HDI Exclusive 2003 (03) Reg.
2 Owners, 54,000 miles F/S/History, grey metallic with grey leather interior, air conditioning, and electric windows. Electric mirrors, alloys, cruise control, CD, airbags, heated front seats, X/H/lights. Excellent condition. 12 months MOT and 12 months warranty 2/3 years optional. £4,995

Citroen Picasso 2.0 hdi Exclusive 2002 (02) Reg
2 Owners, 72,000 Miles F/S/History metallic Red with grey leather interior, Air condition, electric windows, electric mirrors. Alloys. CD, remote central locking, electric sunroof, rear parking sensors. Excellent condition 12 months MOT, 12 months warranty 2/3 years option. £3,995

Vauxhall Omega 2.0 GLS Automatic 2000 (W) Reg.
44,000 Miles with F/S/H. Dark red with grey interior, air conditioning, electric windows, electric mirrors, CD player, remote central locking, alloy wheels, excellent condition with 12 months MOT and 12 months warranty 2/3 years warranty optional. £2,995

Ford Mondeo 2.0 Zetec 5dr HATCH 2001 (Y) Reg (NEW SHAPE).
2 owners 102,000 miles with F/S/H. Silver with black interior, air conditioning, electric windows, electric mirrors, and remote central locking a CD player and alloy wheels. Very good condition 12 months MOT. £1,795

Renault Clio 1.2 RL Oasis Hatchback 1997 (P) Reg.
White with blue interior, radio CD player, power steering, and alloy wheels. Good condition, MOT until June 2009. £795

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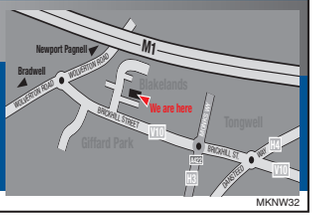

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01 (Y)	**PEUGEOT 306 HDi 5dr,** met red, 2 owners, PAS, e/w, c/l, a/c, stereo, MoT, vgc	£2,295
99 (V)	**ASTRA ENVOY 1.7 TD 5dr,** met red, PAS, s/r, stereo, MoT, vgc	£1,495
99 (S)	**MEGANE SCENIC TD,** red, PAS, e/w, c/l, e/rs, stereo, MoT, vgc	£1,495
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Aaron ready to tackle ex-colleague in opener

BY SIMONE CORGAN
simone.corgan@mk-news.co.uk

AARON Wilbraham *(above right)* is all set for MK Dons' season opener with Leicester City.

Physically he, along with the rest of the squad, has been put through his paces in gruelling pre-season schedule and mentally he is ready to go.

So much so that he has already started the pre-match banter with former-team mate and Leicester new boy Lloyd Dyer.

Speaking to MK NEWS Wilbraham revealed he has exchanged text messages with Dyer, who joined the Foxes in the summer, and the Dons are determined to frustrate their old star performer.

"I've been texting him, giving him a bit of stick, telling him the lads are after him.

"It's just a bit of banter over the phone. Lloyd wasn't desperate to leave, he was sad when he left but things happen in football.

"I know what he's like, he'll be up for it on Saturday but we'll just have to keep him quiet. You always raise your game against your old club, so Lloyd will but we'll keep an eye on him."

Wilbraham is gunning for 3pm on Saturday when competitive football begins again.

If he had his way last season would never have stopped as he ended the campaign in stunning form.

The striker scored seven goals in the final eleven games.

In total he scored ten last season all of which came on home turf.

But the 28-year-old says the Dons need to continue their record breaking away form, which saw them win seventeen times on the road.

However, Leicester away is not the easiest of matches.

"We couldn't have asked for a tougher start, but that's the way we want it.

"We want a challenge straight away to kick us on for the season.

"I don't know how Leicester will go into the game but if they relax and think it's going to be easy, it wont.

"These leagues are tough as well as the Championship."

With the luxury of pre-season games behind him (Wilbraham missed pre-season through injury last year) and a goal to his name from the 2-1 win over Watford to his name Wilbraham feels he is in good shape.

"Obviously I'd rather get the goals when the league starts rather than pre-season. It's good to get one under my belt before the season starts, it gives me a bit of confidence."

FIXTURES 2008-09

August
9 Leicester A
12 Norwich (CC) H
16 Northampton H
23 Huddersfield A
30 Swindon H

September
6 Yeovil H
13 Oldham A
20 Colchester A
27 Peterborough H

October
4 Millwall A
11 Carlisle H
18 Crewe A
21 Stockport H
25 Cheltenham H
28 Leyton Orient A

November
1 Tranmere H
15 Hartlepool A
22 Walsall A
25 Hereford H

December
6 Scunthorpe H
12 Brighton A
20 Leeds H
26 Bristol Rovers A
28 Southend H

January
3 Peterborough A
10 Colchester H
17 Carlisle A
24 Millwall H
27 Leyton Orient H
31 Cheltenham A

February
3 Stockport A
7 Crewe H
14 Hartlepool H
21 Tranmere A
28 Leicester H

March
3 Northampton A
7 Swindon A
10 Huddersfield H
14 Oldham H
21 Yeovil A
28 Leeds A

April
4 Brighton H
10 Southend A
13 Bristol Rovers H
18 Scunthorpe A
25 Walsall H

May
2 Hereford A

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PREVIEW

LEICESTER CITY
League One
Saturday, August 9
Walkers Stadium KO 3pm

THE season is upon us and MK Dons could not have asked for a tougher start to life in League One.

Leicester, along with Leeds, are the big boys of the league but are also in a similar position to the Dons.

The Foxes are in a new league, albeit through relegation compared to the Dons' promotion, and have a new manager at the helm.

Nigel Pearson knows he needs a good start if Leicester are to live up to the champions tag already attached to them.

Every Dons fan will be interested to see how Lloyd Dyer performs on the day following his switch from MK to Leicester in the summer.

While Roberto Di Matteo's first signing Florian Strum will be hoping to fill Dyer's old boots and dazzle on the wing this year.

PREVIEW

NORWICH CITY
Carling Cup
Tuesday, August 12
stadiummk KO 7.45pm

COMPETITIVE football matches are like buses, you wait fourteen weeks for one and two come along at once.

Just as the Dons get back into the swing of league football they have to take their eye of the ball to take part in the Carling Cup.

Canaries manager Glenn Roeder has chosen to replace the retired Dion Dublin and Darren Huckerby, who left for Major League Soccer, with Jamie Cureton and former Arsenal player Arturo Lupoli, on loan from Fiorentina, leading his attack this term.

But Roberto Di Matteo's men are no strangers to Championship opposition after playing three sides in the second-tier during pre-season.

It is also the fourth season in a row the Dons have been drawn against a fellow team from East Anglia in the first round of the competition having faced Ipswich, Colchester and Norwich in the last three years.

New signings set to make their mark

MK Dons are on the verge of signing an international striker and have already snapped up a Chelsea starlet.

Canadian forward Ali Gerba ***(left)*** is training with the Dons and preparing for the season but is having to wait to be officially named an MK Dons player.

The 25-year-old is currently awaiting a work permit before the club can finalise his permanent move to Milton Keynes.

Gerba, who has 18 caps and nine goals for Canada, is currently a free agent after he was released from his contract with German side FC Ingolstadt 04 having spent six months with the club.

If the paper work goes through in time Gerba is set to feature against Leicester.

One player whose deal has already gone through is Chelsea youngster Shaun Cummings ***(right)***.

The Blues youth-product has joined the Dons on a months trial, with a view to a season-long extension.

Win an MK Dons shirt and be cool

Dean Lewington models new strip

THIS weekend MK Dons kick-start their new campaign at Leicester City, not only in a new league but in a new kit too.

MK NEWS has teamed up with the Dons to make sure one lucky reader also looks the part.

We are offering the chance for a Dons supporter to win the new 2008/09 white home shirt.

This season's shirt is Nike's Dynamic Game Jersey in the Dons customary white and retains Marshall Amplifications as its main sponsor.

The shirt is inspired by Nike's Dri-FIT construction which draws sweat away from the skin, keeping the wearer cool and comfortable. Dri-FIT mesh side panels keep the wearer optimally ventilated and move moisture rapidly away from the body.

More visible new features include a wrap-over collar, black flash on the front left of the shirt and two black flashes on the back, while sleeves are also trimmed with black piping.

To be in with a chance of winning the MK Dons new home shirt answer this question:

What colour kit did MK Dons wear in their Johnstone's Paint Trophy triumph at Wembley last season?

Send your answer along with your name, address, and telephone number to MKNEWS, 1 Diamond Court, Fox Milne, Milton Keynes, MK15 0DU, or email competitions@mk-news.co.uk.

Closing date August 13. Editor's decision is final. First correct answer drawn out of the hat wins.

VIEW FROM THE MOOCAMP

MK DONS ended their pre-season on a high last week by beating Watford 2-1 at stadiummk.

It was the first victory under boss Roberto Di Matteo.

And the boss had Keith Andrews, who made his first appearance of pre-season, to thank for setting up the victory.

Andrews, with the captaincy armband on despite recently being put on the transfer list, hit a cracking 20-yard-shot into the back of the net within 90 seconds of the game.

Aidy Boothroyd's side hit back on the 59th minute as Jon Harley took advantage of poor defending to tap in at the near post.

But Aaron Wilbraham had the final say when he latched on to Andrews' flick-on from Luke Howell's cross for the winner.

For a full match report log on to www.mk-news.co.uk

A FORMER MK Dons apprentice is moving to the United States to progress in his football career.

Adam Kent, 19, has earned a place at Manhattanville College, New York, having achieved the necessary qualifications after studying with the League Football Education programme.

Kent gained his Apprenticeship in Sporting Excellence with the Dons last year and later this month he will start a four-year degree course in education, whole playing for the college football team.

HORIZON radio have announced they will be providing full commentary for MK Dons match this season.

The local radio station are providing their entire region on 103.3FM with coverage from home and away weekend fixtures.

Horizon Radio's Managing Director Ian Stuart said: "Horizon Radio has been a huge supporter of the Dons from the beginning.

"We know our listeners are big MK Dons fans, which was proved when we all went to Wembley in May.

"For Horizon to†be the preferred radio station and providing the commentary for the MK Dons in League One is a massive coup for us – we are one of only a handful of local commercial stations doing full match coverage, live, every week."

MKOLYMPICS SPECIAL

Emms hopes to end on a high

BY SIMONE CORGAN
simone.corgan@mk-news.co.uk

THE world's sport stars are in China ready to compete in the 2008 Beijing Olympics which start on Friday.

While thousands don their national colours they will be representing not only their country but their home towns.

MK NEWS takes a look at stars from Milton Keynes who will going for gold in the world's biggest sporting event.

GAIL EMMS and NATHAN ROBERTSON

THE badminton stars who live and train in MK won silver in Athens four years ago and this time round they want to go one better.

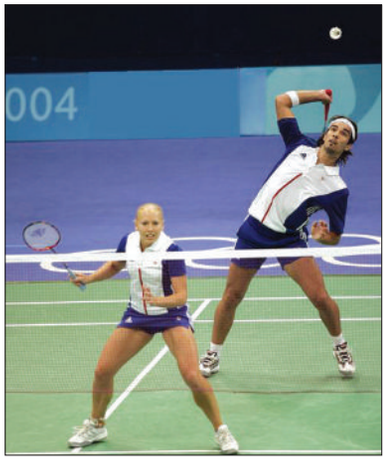
Robertson and Emms ***(pictured below)***, both 31, have been competing together for 18 years in a successful partnership which has seen them win gold at the European Championships, Commonwealth Games and the World Championships.

They have targeted first place in the tournament as the ultimate send off for Emms, who is set to retire after the Games.

But it will be a tough ask for them after being drawn against second seeds Zheng Bo and Gao Ling in their opener.

The Chinese pair have beaten Emms and Robertson four times in 2007 and with Robertson returning from ankle surgery the MK partners will have to put in the performance of a lifetime to reach their goal.

Emms will have two shots at gold as she also competes in the women's double with partner Donna Kellogg.



The pair are ranked seventh in the world but will have to be at the top of their game if they are going to post a serious challenge.

The women's duo have been drawn against Chinese third seeds and world number two pair Zhang Jiewen and Wei Yii, who beat them in four times in the last two years.

CRAIG PICKERING

SPRINTER with the potential to throw the cat among the pigeons in the 100 metres.

Without a doubt the 100m final is set to be one of the highlights of the Games.

And Pickering ***(above)***, although his hopes of a medal are slim, could be in the grand finale if he records a storming personal best.

The 21-year-old's PB currently stands at 10.14seconds which will need to improve if he is going to stand a chance against record breakers Usain Bolt, Asafa Powell and Tyson Gay, who have all run under 10 seconds on a regular basis.

Pickering, with an indoor European silver medal and bronze in the World Championship 4x100m to his name, will want to finish top Brit ahead of Simeon Williamson and Tyrone Edgar.

Once the solo event is out of the way Pickering will then be involved in the men's 4x100m where Great Britain will be defending the title they won on Athens.

He ran the last leg in a warm-up event at the London Grand Prix as GB finished in fourth.

Selectors have to choose between Pickering, Edgar, Williamson, Harry Aikines-Aryeety and Rikki Fifton to run the race.

Whoever carries the baton for Briton will have their work cut out trying to beat the US and Jamaicans.

GREG RUTHERFORD

LONG jumper is capable of returning to Milton Keynes with a medal around his neck.

An ankle injury kept Rutherford ***(below)***, 21, out for the majority of last season but he came back strong this season with a winning jump at the Olympic Trials, 8.20m, which was also the A qualifying mark, to book his place in Beijing.

The Milton Keynes Athletic Club member has the habit of raising his game on the big stage.

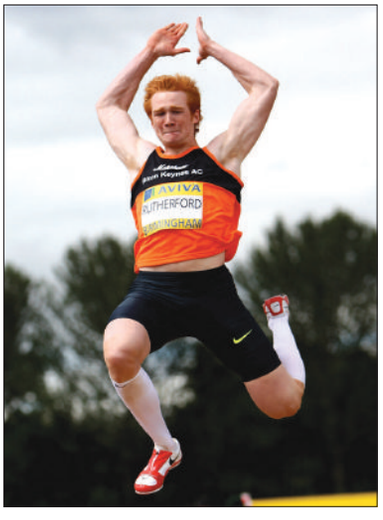
In 2006 Rutherford competed in the Commonwealth Games for England, and took silver at the European Athletics Championships with a jump of 8.13m in the same year.

His best jump to date came in 2006 when he landed 8.26m, if he can add to that Rutherford stands a good chance of making the podium.

His Team GB competitor and rival for a medal, Chris Tomlinson, is desperate to recover from a calf strain to take part in the competition.

Rutherford won the London Grand Prix, which took place two weeks ago, and will be in a confident mood as he heads in to his first Olympics.

A precautionary ice-packet on his ankle following the event sparked speculation of an injury but Rutherford insists he is fit and ready for action.



MK NEWS provides you with a cut out and keep guide to the times and dates when MK's finest live their Olympic dreams.

Sunday, August 10
3am-6.30am and 11.30am-3pm Badminton Women's Doubles Round of 16

Monday, August 11
3am-6.30am and 11.30am-3pm Badminton Women's Doubles quarter-finals

Tuesday, August 12
3am-6.30am and 11.30am-3pm Badminton Mixed Doubles Round of 16

Wednesday, August 13
3am-6.30am and 11.30am-3pm Badminton Women's Doubles semi-finals

Friday, August 15
11.30am-3pm Badminton Women's Doubles bronze and Women's Doubles gold
2.45am-4.05am Men's 100m Round 1
12.45pm-1.20pm Men's 100m Round 2

Saturday, August 16
11.30am-3pm Badminton Mixed Doubles semi-final
1pm-2.10pm Men's Long Jump Qualifying Round
1.05pm-1.21pm Men's 100m semi-finals
3.30pm-3.40pm Men's 100m final

Sunday, August 17
11.30am-3pm Badminton Mixed Doubles bronze and gold

Monday, August 18
1.10pm-2.50pm Men's Long Jump final

Thursday, August 21
1.25pm-1.43pm Men's 4x100m Relay round one
3.10pm-3.20 Men's 4x100m Relay final

KEEP up to date with progress of all MK's athletes by logging on to www.mk-news.co.uk throughout the Games.

LOCAL CRICKET

New Bradwell close the gap

MORRANTS FOUR COUNTIES LEAGUE

Division one

TOP-of-the-table Eaton Bray had their match called off which allowed New Bradwell to close the gap at the top.

But Bradwell failed to take full advantage as they drew with Olney Town.

Zaheer Ahmed smashed his way to a brilliant 191 with support from Teemor Alam (58) placing New Bradwell (305-5) in a perfect position for victory.

But Olney were stubborn in their response and Mike Brown's 84 ensured they held out for a draw as the team finished on 172-8.

North Crawley lost to Newport Pagnell by 77 runs.

Third placed Pagnell finished on 185-9 thanks to Lewis Hefferon (56) and James Fletcher (54) contributing with the bat.

Crawley's James Armstrong top scored with 54 as his side took just five points from the game.

Winslow Town (190-4) beat Aspley Guise by 117 runs.

CHERWELL LEAGUE

Division two

MK Park's Kames Sprittles followed his century last week with an unbeaten 87 to steer his side to a draw with Oxford and Bletchingdon Nondescripts.

Park's opponents were languishing in the bottom two prior to the meeting but a superb century from Matt Baggs saw them rack up 243-6.

The reply from Park got off to a slow start as the wobbled at 22-2 and the run rate was slow.

Luckily they had Sprittles' crafted innings as they scrapped to 175-9 to stay top of the league.

NORTHANTS PREMIER LEAGUE

FIFTEEN games into the season Stony Stratford managed to record their first win.

The rock-bottom side earned a vital victory over relegation rivals Burton Latimer.

Only five players managed double figures for Stony (163) in a low scoring match, but that did not matter as Stuart Brandom's work with the ball earned the points.

Brandom claimed 3-77 as Stony secured a narrow 17 run victory.

Stony are now nine points adrift at the foot of the table.

FOR the full Morrants Four Counties reports log on to www.mk-news.co.uk

MOTOR RACING

No joy for Red Bull in Hungary

RED Bull Racing went home from the Hungarian Grand Prix empty handed as Mark Webber and David Coulthard missed out on the points.

To add to the frustration the team have now slipped to sixth place in the Constructors Championship and Webber has dropped one position to ninth in the Drivers Championship.

Having qualified in eighth Webber, on one of the most predictable tracks in Formula One, was in the final place to steal the points but unfortunately for him he let the place slip as he finished in ninth.

Team mate Coulthard didn't have much fun either.

The Scotsman's qualifying never set him up to have a decent chance to challenge, but he still managed to build on his starting position in 13th to finish in the middle of the pack in 11th place.

MKSPORT
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MK stars ready for Olympics
PAGE 67

New manager confident of hunting down the Foxes

Jude Stirling and Keith Andrews in pre-season traning

BY SIMONE CORGAN
simone.corgan@mk-news.co.uk

ROBERTO DI MATTEO is looking forward to his 'christening' in management at Leicester City this weekend.

The Dons boss will be barking orders in his first competitive match on Saturday as his side take on the Foxes in the League One curtain-raiser.

Rather than being eased in to life as a manager in the lower leagues, Di Matteo is straight into the fire by facing Leicester – the second favourites for the title.

But the Italian has shrugged off any suggestion of a sleepless night before the trip to the Walkers Stadium.

"Everybody's under pressure," Di Matteo told MK NEWS. "Tell me one manager who isn't under pressure at a club.

"I'm kind of used to the pressure because I've been in football for many, many years so I know how to deal with it.

"We're looking forward to the start of the season."

While others would hope for a gentle introduction Di Matteo is not fazed by the Foxes.

"We get Leicester out of the way, which is good for us. I've said straight away what kind of football has to be played, what kind of tempo I want.

"So it will be a nice christening."

Yesterday the squad were put through their paces as they finalise their preparations for the big kick-off.

The rain-soaked two-hour session showed the players in good spirits in a training ground match which even Di Matteo joined in on.

Skipper Keith Andrews, who remains on the transfer list despite Di Matteo hinting he will stay at stadiummk, showed he is still dedicated to the cause by fitting in some shooting practice on his own after the session had finished.

The sight of Danny Swailes, Drissa Diallo and Kevin Gallen back in full training will come as good news for Dons fans.

Jude Stirling and Sean O'Hanlon have also recovered from knocks.

Last week the Dons were staring into a possible injury crisis but their return has given the side a welcome boost, although Di Matteo still has to assess whether they will feature against Leicester.

League One is unknown territory for the Foxes, it is the first time in their history that they have been outside the top two tiers in English football, yet Di Matteo expects them to adapt to the division's tougher and perhaps more physical play.

"They're used to playing at a higher level but I don't think they'll have a problem fitting into the League One style."

But Dons fans will be hoping Leicester don't find their stride until later in the season.

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